

THE AMERICAN LEGION

30c/May 1979

Magazine



**Memorial Day
1979**

Arlington National Cemetery

**The Vietnam
Veteran
As a Soldier**

**Why I Joined
The Legion**

**How to Fight
Fatigue**

**Gold Diggers
of '79**

**The Beer
Revolution**

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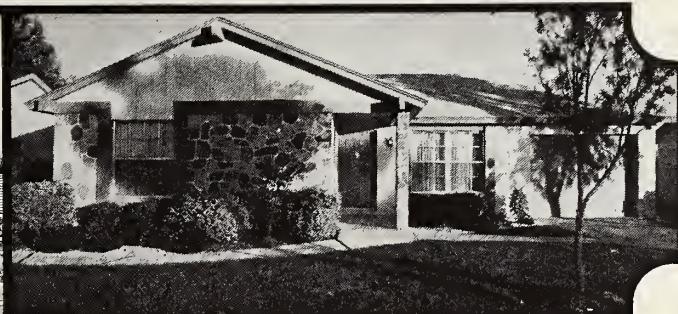
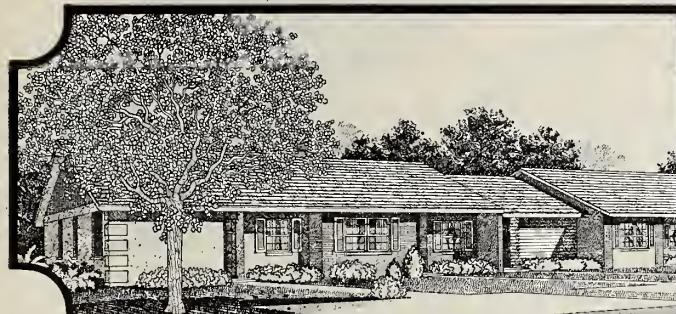
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A														
B														
C														
D	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
E	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
EEE	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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THE AMERICAN LEGION

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About our authors . . .

Frederick Downs, author of "The Vietnam Veteran As a Soldier," is a young man worth knowing and you can learn a lot about him from his recent book "The Killing Zone." This tells how, after graduating from Officers Candidate School, he served in Vietnam. There he earned four Purple Hearts, the Bronze Star with Valor, the Silver Star, and the Vietnamese Gold Cross for Gallantry. He was wounded five times, and despite the loss of an arm enjoys such hob-

bies as piloting small aircraft, tennis, skiing and photography. He works with the Veterans Administration.

"Gold Diggers of '79" was written by **Rick Lanning**, a reporter for the Phoenix Gazette. He has been free-lancing since 1957 and has had articles and short stories published in more than 30 magazines world-wide.

Lester David, who tells "How to Fight Fatigue," is the author of eight books and hundreds of articles which have appeared in all major publications. You have probably seen his

name elsewhere, but you probably saw it in this magazine first. When he started free-lancing after serving as managing editor of the Brooklyn Eagle, one of his first articles appeared in The American Legion Magazine.

"The Beer Revolution" was contributed by **Tony Upton**, a freelance reporter specializing in business subjects. He has worked for the New York Journal of Commerce, Aviation Daily and the Army Times Publishing Co.

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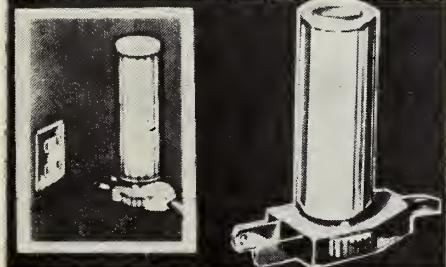


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Commander's Message



John M. (Jack) Carey

The Strength of The Legion

This year marks the 60th anniversary of The American Legion. Usually on such occasions the event is marked by reminders of the organization's origins and its accomplishments over the years, presented in words and pictures.

Instead of taking that customary approach I'd like to express an opinion as to *why* The American Legion is flourishing after six decades, and why we are likely to grow even stronger.

Elsewhere in this magazine you will find a number of letters from Legionnaires telling why they joined our organization. More than 900 such letters were received in response to an invitation published in the January issue. I took the opportunity to read many of them and what I found gave me a feeling of profound pride in The American Legion.

An interesting and significant pattern emerged from those stacks of letters. Approximately 45 percent of the writers said they had joined because of what the Legion represents, and felt that through the Legion they could help other veterans and better serve their communities and the nation. Close to 30 percent said they became members because they had

been helped by the Legion or believed that the Legion stood ready to help them in case of need.

Presumably those hundreds of letters provided a pretty good cross section of our membership, and on that assumption it would appear that most Legionnaires look upon their organization as one dedicated to serve.

A much smaller percentage of the letter-writers said they had joined because of the fellowship provided by the Legion, and its social activities and recreational facilities. Another group joined because other members of their families were Legionnaires or because they had been urged to join by friends or relatives.

To me, the most heartening fact to emerge from the letters was the way many of those who became Legionnaires discovered something they had not expected. These members said they had originally signed up to meet other veterans and enjoy the social activities of Posts, but soon came to realize there was more to Legion membership than that. They discovered that it gave them an extra dividend—a chance to serve, as individuals and as part of a powerful team, other veterans, our young people, the community, and the nation. And, often to their surprise, they found the experience highly rewarding.

Incidentally, in tallying up the percentages cited earlier I included in the 45 percent those who said they had originally joined for other reasons, but remained members because they wanted to be of service to others.

And therein, I believe, lies the true strength of The American Legion. Most members soon came to realize how much good can be accomplished through a powerful organization such as ours, and more than one writer pointed out, "in unity there is strength." That unity is badly needed today when so many forces are at work tearing the nation apart for selfish and other reasons.

To those who took the trouble to tell why they joined the Legion, I want to express my sincere, personal thanks. It gave me a new insight into our organization and an encouraging one on its 60th birthday. ■

THE AMERICAN LEGION



National Commander
John M. Carey

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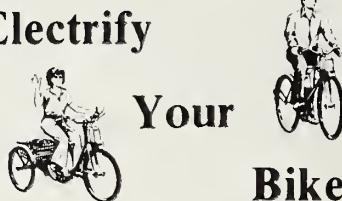
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Letters

• Sailpower! What a fantastic idea! I find your February article on the suggested use of sailpower for merchant ships not only ingenious and thought-provoking in favor of conserving energy, but downright exciting, romantic and adventurous. I hope the idea catches on soon and becomes a reality. Real sailing may be on the rise again. I'm sure that the new vessels will have waiting lines of crewmen itching for a voyage.

JIM KOCH
Pharr, Texas

• The article "Silent Wings of World War II" (March issue) rekindled memories of my glider experiences in the 101st Airborne during the invasion of Normandy and Holland. It was a wonderful contraption and sometimes came apart in the air, however it would float on water, otherwise I wouldn't be writing this letter. In operation Market Garden (invasion of Holland) our glider crashed into the English Channel with six of us aboard plus a 2700-lb. anti-tank gun and ammo. Miraculously, it held together and we were rescued by a British PT boat. I enjoy The American Legion Magazine and always look forward to the next edition.

JOSEPH P. O'TOOLE
Vincennes, Ind.

• I would like to tell you that I think your article "Who? What? Where?" (February) is super. I hope it will be a regular feature in future issues.

ARNOLD L. RUNYON
Wendell, Idaho

• Whatever happened to the Cavalry of World War I? At the start of the war England, France and Germany had large numbers of horses in action, but soon learned they were useless against barbed wire and machine guns. Nevertheless, in America the Cavalry continued to be the glamour service. I saw many yellow hatcords in the recruit camps and crossed-sabre insignia buttons on the transports. Where did they go? What did they do? It might be interesting to know if they were ever in action. The only genuine, bow-legged cavalryman of my acquaintance said he spent the war years tending sick artillery horses.

F. CHESTER ADAMS, SR.
Pittsfield, N. H.

• Congratulations on the new format of The American Legion Magazine, especially the cover that reaches out and draws immediate attention. However, I have noticed with concern that our slogan, "For God and Country," has been omitted from the cover. I believe that the vast majority of responsible and patriotic Americans are proud of this statement of belief. I would like to see our slogan once again on the cover of our magazine.

KINGSLEY H. MONTGOMERY
Nashville, Tenn.

• I enjoyed your humorous and enlightening "A Primer for Today" (February.) The illustrations are superb. Congratulations! We need more of the same.

CHARLES C. HAIMO
New York, N. Y.

• In the first part of the article "Moscow's Grand Strategy Unfolds," (January) it is argued that the United States and the Soviet Union are involved in ". . . a struggle between economic systems on a global scale. . ." If we turn to the first paragraph of the second installment (February) we find that the so-called struggle is not taken very seriously by American industry for it states ". . . the Communist economy is \$50 billion in debt to its capitalist adversaries."

HENRY R. KORMAN
Longview, Wash.

• I have read the article "The Disarmament Lobby" (November) and am shocked and upset over the fact that so many people are very narrow-minded concerning the balance of power for our country. I'm no expert on national defense but I feel it's time the anti-defense lobby has some strong opposition. As a wife and a mother, I would like more information pertaining to this issue.

MRS. LINDA RUNAVAR
APO, San Francisco

• In view of the energy crisis, why doesn't someone revive that very dramatic slogan of World War II—"Is This Trip Necessary?" The simple fact is that a great many trips are not and represent a tremendous waste of gasoline.

ROBERT FISK
Decatur, Ga.

(Continued on page 39)

THE WORLD'S NUMBER ONE REDUCER: SLENDERIZING AMERICA UP TO 1,000,000 INCHES A MONTH!



SAN FRANCISCO:
"Took off 19 inches in just one day with Slim-Skins - more than I could ever lose with weeks of dieting!"

Robin Allen

CHICAGO:
"Great! Instant reducing - 7 inches off waist and abdomen in just one day!"

S Weston

SALT LAKE CITY:
"Incredible! Lost 6 inches off waist in 3 days."

J. Lewis

ALBANY:
"Trimmed waist nearly 7 inches - thighs 4 inches each in just 3 days."

C. Dorne

SAN DIEGO:
"Without dieting Slim-Skins literally melted away 16½ inches - every excess inch I had!"

A. Ward

CLEVELAND:
"Lost 12 inches the first day - nearly 18 inches in 3 days!"

D. Castle

NEW ORLEANS:
"Lost over 17 inches in just one day with Slim-Skins!"

L. Corbett

NEW YORK CITY:
"Amazing! Lost 4 inches from waist the very first time I ever tried Slim-Skins."

Brad Wilson

**SLIM-SKINS™ THE ONLY REDUCER THAT GUARANTEES
YOU MUST LOSE 9 TO 18 INCHES FROM YOUR WAIST,
ABDOMEN, HIPS AND THIGHS IN JUST 3 DAYS -
WITHOUT DIETING - OR YOUR MONEY BACK!**

THE SLIM-SKINS EXPERIENCE

BEFORE

Jeff Nelson, wondering just how fast Slim-Skins can reduce and tighten up a somewhat soft and flabby waistline.

Starting measurements:

Waist: 39½"
Abdomen: 40½"
Hips: 43½"



Jeff snaps his Slim-Skins to his vacuum and goes through his first Slim-Skins session - just 10 minutes of the rhythmic movements of the Permanent Inch Reduction program and 15 minutes of pure relaxation - as the fat disappears like magic.

AFTER

A trimmer, tighter, leaner Jeff Nelson after the very first session.

Lost: 2½" from waist
2½" from abdomen
2½" from hips
in just 25 minutes.



From coast to coast hundreds of thousands of users are discovering that Slim-Skins is indeed the world's fastest slenderizer taking off excess inches up to 7 times faster than diet pills, crash diets or any other method they have ever tried.

DOCTOR TESTED. Over 8" from abdomen - 7" from waist: these are just some of the fantastic inch losses achieved by Slim-Skins users in just one to three days on a special slimming test conducted by a prominent American physician: losses 7 times faster than with diet pills or the leading 'fat burn' diet.

FANTASTIC INCH LOSS WITHOUT DIET. Developed in Europe, the sensational Slim-Skins are now achieving slenderizing results far beyond the scope of other reducing products. **And Slim-Skins takes off the excess inches only where you need to lose them, without dieting - and won't leave you with loose, flabby skin as 'crash diets' do.** With Slim-Skins, as you lose inches, your body becomes tighter, sleeker, firmer and more shapely. And yet the Slim-

Skins work so amazingly fast that you can actually measure the difference in just 25 minutes.

INCHES DISAPPEAR OR YOUR MONEY BACK. Slim-Skins is a new slenderizing concept that combines with your own vacuum cleaner to create a super new inch reducer so far ahead of its time that it reduces excess inches 7 times faster than 'crash diets'. Just step into the Slim-Skins, snap the attached hose to

your vacuum cleaner with the universal adapter - which fits any make vacuum cleaner - and turn on your machine. Instantly the Slim-Skins seem to come alive with a delightful reducing action on every single inch of your body from beltline to knees. Not every user may experience the same degree of inch loss but you must lose a total of 9 to 18 inches on your waist, abdomen, hips and thighs in just 3 days or your money back.

Slim-Skins P.O. Box 3260, Dept AL-2
Monterey, CA 93940

Please send me _____ Slim-Skins along with complete easy-to-use instructions and the universal adapter. I understand my results are guaranteed and, if within 2 weeks I am not completely satisfied, I can return my Slim-Skins and get my purchase price immediately refunded.

I enclose \$9.95 for each pair of Slim-Skins plus .90 each for postage and handling.
 Check Money Order COD's accepted.

Please charge to my: Master Charge BankAmericard Visa

Charge Account No. _____

Exp Date _____

Man: Hip Size _____

Woman: Hip Size _____

Name _____

Address _____

City _____

State _____

Zip _____

ORDER TODAY - SHED ALL THOSE EXCESS INCHES NOW!

The Vietnam Veteran As a Soldier



PHOTO CURT SUPLEE

Frederick Downs
For biographical note see page 2

By Frederick Downs

My father was in the Navy in the Pacific during WWII. I grew up knowing he was proud of that service and I identified with it. The whole country identified with the idea of duty to country.

I went to Vietnam infused with these ideals and I was proud of my service and my countrymen. The fighting, honor and terror of war were more than I had counted on, but the soldiers around me were admirable in their tenacity in fighting the enemy on their own terms.

During reflective moments I began to understand what was behind all of those war stories I had heard from my father and other men who had been in combat. The landing at Okinawa, experiencing the attack on Pearl Harbor, the dog fights, the sinking of a destroyer, and many other tales I had heard over the years. It was pride. The pride that comes from an ultimate challenge well met and survived. The survivors have a camaraderie for the rest of their lives no matter where they

Usually overlooked is the fact that the Americans who were called upon to serve in Vietnam were first-class fighting men.

fought or where they meet afterward. The point is that they were there and no one else can possibly know what it was like if they hadn't experienced it.

The wonderment of challenge stays with a man forever.

In Vietnam we earned that camaraderie that only men in war have known. And we are proud of our job as soldier, sailor, or airman. And when we are together, we talk excitedly about the battles, the fire fights, the air strikes, the river boat

“...the real tragedy was the lack of compassion for the vet returning home from a stressful situation in Vietnam to another one at home.”

patrols, the gunships, and everything else about our war that we know so intimately.

Perhaps that is a surprising statement to many Americans. That many of us Vietnam veterans like to talk among ourselves about "Nam." It's impossible not to. But it is only among other "Nam" guys that we can talk freely.

A lot of Americans have not really learned to separate their strong feelings about the Vietnam War from the soldiers who fought in it.

When I talk about my experiences in Vietnam to individuals or groups, I am often asked, "But don't you find that most people want to forget about Vietnam and not talk about it?"

To which I reply, "Why should we want to forget it?"

Certainly America learned valuable lessons both diplomatically and militarily because of Vietnam and these should never be forgotten. We learned that the Executive Branch of the Government should never wage war. A democracy cannot fight a war without the consent of Congress.

We learned that total, uncensored media coverage of a war has immediate impact on the morale of the people and, as such, must in the future become part of the military's planning of a battle. For instance, what would have been the impact for Germany and America if the coverage of D-Day and the other battles of WWII had been covered on a 6 o'clock TV news program in the same manner that the Vietnam War was?

But there is a far more important lesson about Vietnam that no one seems to have addressed nor realized its significance: The condemnation of a generation of American soldiers as expressed by the vitriolic reaction toward them by the people responsible for his basic beliefs which caused him to fight in the first place.

A clergyman addressing groups of women in Boston late in 1967, told the group that the soldiers over there were killers and murderers. My aunt

told the clergyman that was not true, her nephew was over there and he wasn't a murderer. She angrily left the meeting. The clergyman's remark was typical of the reactions we received when we returned home.

College professors, clergymen, politicians, teachers, and many others who had brought us up to adhere to the principles of law and duty to country were now calling us killers and murderers.

This was a generalization (one of many) that was a consequence of the confusion arising from the Vietnam War. A loss of respect for the military by those who didn't understand why the military couldn't "win," coupled with disrespect from those who were against any American presence whatsoever in Vietnam, was directed toward the individual soldier returning home.

It was, "Hey, can't you see you were wrong over there? Didn't you feel bad shooting all those civilians?" And the theme was repeated in various ways. Have you ever been humiliated while wearing the uniform

What would have been the impact for Germany and America if the coverage of D-day and other battles of WWII had been covered on a 6 o'clock TV news program in the same way Vietnam was?

On the occasion of Vietnam Veterans Week, beginning May 28, we dedicate this article to the 650,000 Vietnam veterans who are members of the Legion, and to all veterans of that war.

of your country? It happened to me in Denver, Colorado, from a WWII vet. I was so proud of my uniform and he was so disparaging. The humiliation caused me to cry later in the solitude of my home. A moment I shall never forget.

The media looked for examples to support their idea that Vietnam soldiers were going crazy over there, and they found those examples and wrote them up because it made good copy for the anti-war people. It also made good reading for everybody else in the country and the world, so that the image of the crazy Vietnam vet slowly became the picture many had of the American who fought there.

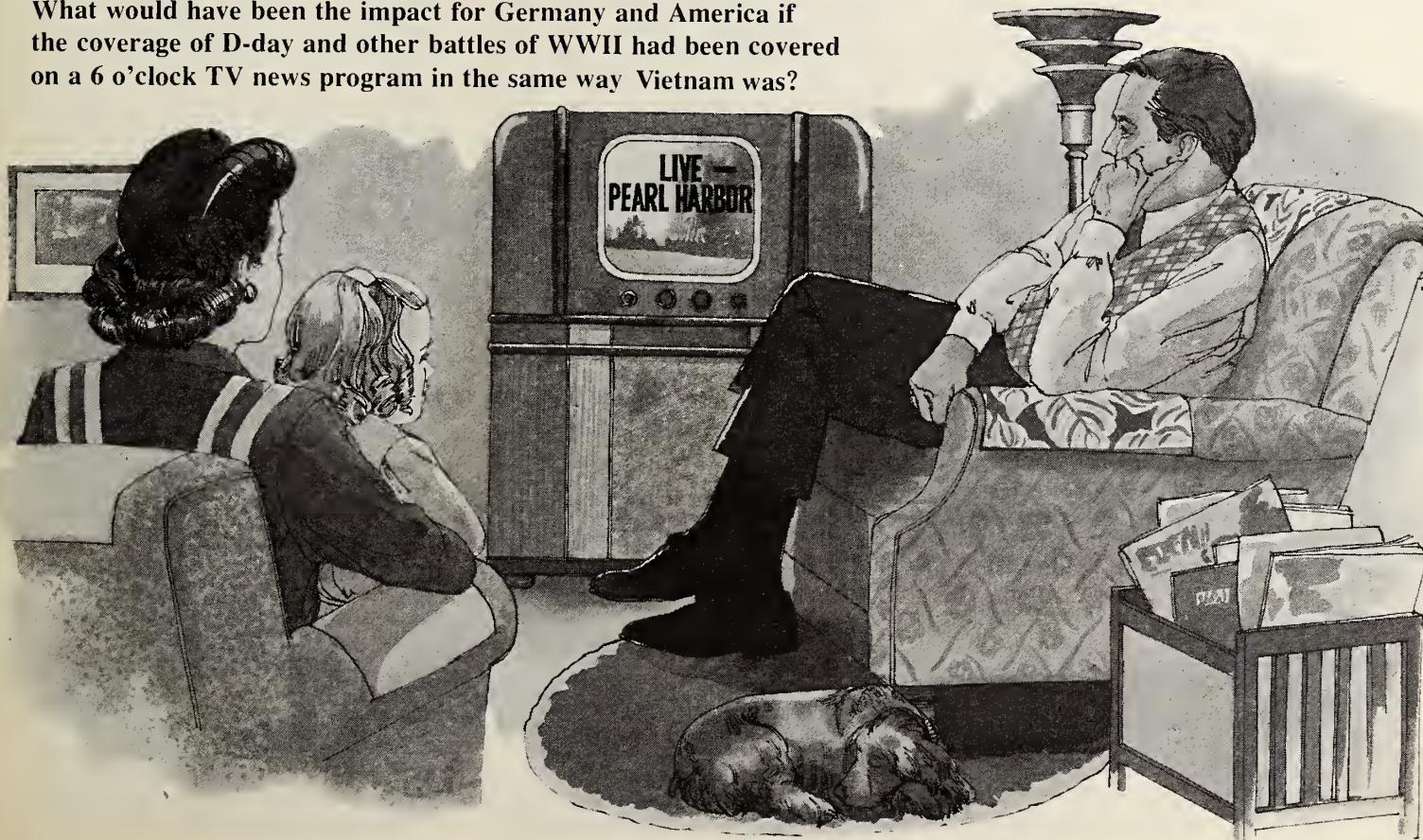
This was another case of the people losing sight of the soldier as an individual. As a result, the real trag-

edy was a lack of compassion for the vet returning from a stressful situation in Vietnam to another one at home. This led to a loss of the individual's dignity and a suppression of the pride he had felt on returning home from war.

I've read about the Vietnam vet as described by psychologists, statisticians, special interest groups, reporters, editors, T.V. commentators, professors, and everyone else who wants to comment on Vietnam veterans and their problems, but rarely have I heard from the veteran himself.

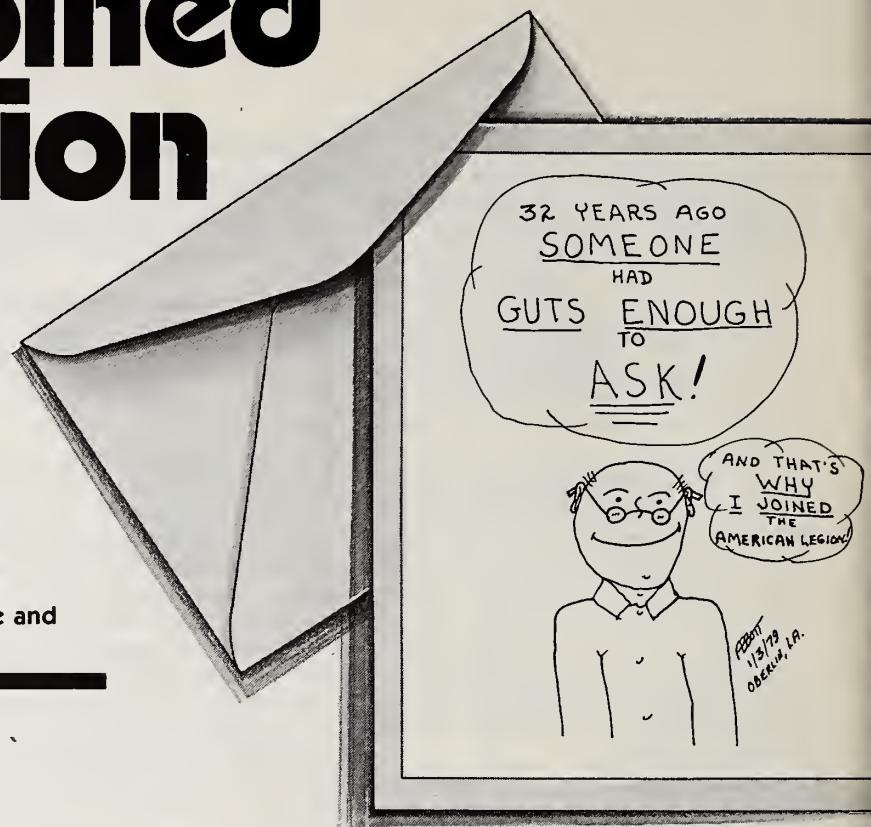
The media still likes to point at the Vietnam vet as a bogeyman. As I write this article, I have on my desk a copy of the *Washington Post* for December 10, 1978, containing an article on a group called Synanon. In

(Continued on page 46)



Why I Joined The Legion

We present herewith the letters that a panel of judges considered the most interesting of the more than 900 we received, telling why the writers had joined The American Legion. Judging this volume of mail was not easy because of the general excellence of the letters, and we want to take this opportunity to express our sincere thanks to all those who took the time and trouble to write us on this subject.



While serving my country during the Vietnam War, civil strife and demonstrations expressing the unpopularity of the war were mounting on the home front. When I was discharged in 1967, I came face to face with a new war. I somehow felt a lack of accomplishment.

I knew I had to do more for myself or my country or others, but destruction, violence and demonstrations were not the route for me. I couldn't find a release for my feelings or a way to do my thing. During an evening of bowling a friend asked if I would be interested in coming to a Legion meeting. This seemed to be the first time another sensed my need to do something, to join a force. The more active I became in the Legion, the more I learned of the programs the Legion had to offer and I found my sense of accomplishment slowly growing. The American Legion had literally hundreds of ways for me to serve my fellowman.

Why did I join the Legion? Looking back on my 11 years in the organization the question is "Have I done enough?" I can still do more but I feel good about myself because I did it the Legion way.

TERRY L. NILES
Post 416
St. Helen, Mich.

When my father was discharged from the Navy after WWII he joined Post 11 at Bassett, Va. One day I asked him why he was a member of the Legion. His answer was something like this: "When I was in the Navy there were times during emergencies and crises when everyone seemed to come together as one. Each person doing his part for the good of the entire unit without thought of his own personal welfare. The Legion works on the same principle."



Often mentioned was the way Legionnaires remembered vets in hospitals.

When I returned from the Army after the Korean conflict, I was very proud when he asked me to join The American Legion. I believe he was even prouder when he introduced me as his son. I hope my sons never have to fight in a war, but if they do I know I will be just as proud to introduce them to my friends in the Legion as my father was of me.

ROBERT J. FISHER, JR.
Bassett, Va.

I joined The American Legion for basically the same reason I enlisted in the Navy in WWII. That is, this is my country in war and in peace. I merely want to continue to do whatever I can in the interest of all Americans.

GEORGE E. WATZLAVICK
Shiner, Tex.

My reason for joining The American Legion must tie in with some of the reasons as to why I have maintained an unbroken membership for nearly 60 years.

On a beautiful June morning in 1919 I stood, with many others on the deck of the *General Goethals* which was returning us to our homeland. We came to anchor waiting for a pilot to take us in. On our left was the Statue of Liberty, on our right

they were raising the flag over Ellis Island, and in front of us was the beautiful skyline of New York City. I doubt that there was a dry eye on that deck for there before us was the stark evidence of what we had been fighting for. I really believe that most of us did believe that we had fought a war to end all wars, and in my heart I made a pledge to my buddies who had given their all that I would not let them down. Somewhere in the above is my reason for joining.

GEORGE A. STEPHENSON
Ottumwa, Iowa

I joined The American Legion for two basic reasons. First, it was my desire to have a voice in our nation's capital that speaks the same philosophy that I do. Secondly, I joined to become a part of a group of individuals striving to aid and assist the community.

To me The American Legion is able to exemplify the motivation which brought about the Constitution of the United States of America. That is, we are a nation of unified persons, communities and states, not individuals "doing their own thing."

God said (Luke 11:17) "Every kingdom divided against itself is brought to desolation; and a house divided against itself falleth." I pray that we may go forward together with singleness of purpose and unified hearts with love of our nation and faith in Almighty God.

THE RT. REV. TROY A. KAICHEN
*Bishop and Rector
St. Andrews Anglican Church
Colonial Heights, Va.*

To answer your question as to why I joined The American Legion requires an answer as complex as the war that disabled me. The Southeast Asian War was as confusing to the soldier as it was to the American civilian. Out of the clouds of hurt and disbelief came the misinformation and half truths that have dogged the most misunderstood veteran in American history.

It is said, time heals all wounds, but this was not so in our case. There were no cheering crowds greeting us when we came home, only fear and mistrust on both sides. Both the vet and the world around him became bitter toward each other.

I saw this happening to me and couldn't understand it. Only another S.E.A. vet could comprehend the meaning of my words.

The American Legion was the beginning, the first step to true understanding of the S.E.A. vet. It takes a vet to know a vet. Here became a community forum to dispel the stigma and misunderstandings. On my part, a new reality set in. I wasn't alone anymore.

DAVID R. HUFF
Auburndale, Fla.

I joined The American Legion 34 years ago because while in the service overseas The American Legion assisted my mother and young sister with funds, food and clothing after a disastrous fire to our home. They also helped before I entered the service. We were never forgotten at Thanksgiving, Christmas and other

to join. I had obtained a college education through the GI Bill and I knew that this must have come about as a result of a lot of work by those in veterans organizations before my time. I feel that I need to pay back some of that effort by belonging to an organization and continuing to work for veterans benefits. I am happy to belong to an organization that speaks out on the defense of our country, so we will never experience another Pearl Harbor. Some of these reasons may seem to be selfish, but I feel I should show my gratitude by working for the benefit of all veterans of all wars.

JIM GRIBBEN
*Post 90
Holyoke, Colo.*

My introduction to The American Legion goes as far back as the 1920s. That is when, while in high



Many joined to show appreciation for generosity during hard times.

times with food, clothing and fuel, which was much needed and appreciated. I joined so I could be able to help others less fortunate than myself, just as they helped me and my family. I thank God that The American Legion exists.

EMERY S. QUIMBY
Newport, Maine

I joined the Legion for several reasons. My dad, who was a WWI veteran belonged and I remember the things they did for the community.

Later, after having served during the Korean "conflict," I was eligible

school, I heard of its oratorical contest and saw a Legionnaire award a medal to a contest winner. As a Philadelphian I have fond memories of the 1926 Legion convention held there during the Sesquicentennial celebration.

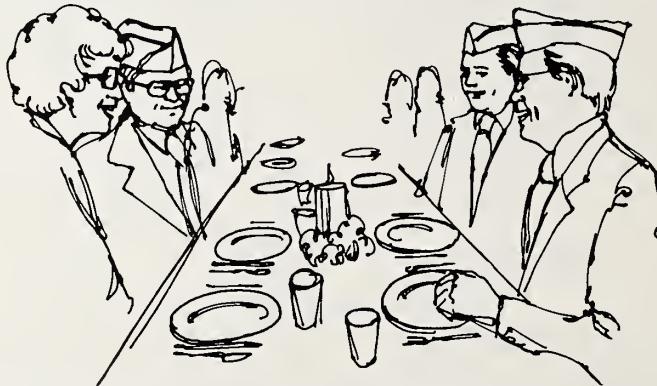
Although only 15 years old then, I felt a sense of regret that I could never become a member of The American Legion. Hadn't WWI been the war to end all wars? But there came WWII and patriotic men and women were given their chance to prove their love of country. I was one of those veterans and, in time,

wanted to associate myself with an organization that would perpetuate Americanism and promote peace and good will. I determined that the Legion was the one patriotic organization that had our country's welfare as its first concern. That's why I joined.

NATHAN COHEN
Post 85
Miami Beach, Fla.

During the 1960s I had the opportunity to protest both the policies of the American Government and our involvement in Southeast Asia. As time marched on I began to realize I (perhaps we) did not know that much about which we were so opposed; ironically, on December 7, 1967 I enlisted in the armed forces. Ten months later I was an air commando in Vietnam. After my honorable tour of duty was ended, I extensively toured Europe. It was after this experience that I knew, beyond a shadow of a doubt, the United States of America is the greatest country in the world.

Governmental policy must be influenced by means other than the streets. That is why I joined The American Legion, to be a part of



Duly noted was the fact that a lot of good fellows get together for a lot of good times at local Legion posts.

this voice and to show that I am proud to be an American.

JAMES RHODES
Milpitas, Calif.

Thirty-three years ago I joined the local American Legion for the common association we all sought on returning home. After a lengthy siege in the Veterans Hospital in Wichita I no longer would say the statement "Why did you join The American

Legion?" is appropriate. It should be "Why haven't you joined The American Legion?"

I joined for fellowship, but today I realize that through my continuing membership I am adding strength to the voice of the veteran in Washington. General MacArthur's famous quotation "Old soldiers never die, they just fade away" should remind us that as our numbers fade so does our strength.

F. HARDER
Post 18
Arkansas City, Kans.

I didn't join The American Legion . . . it sort of joined me. You see, my brother, a very devoted Legionnaire, gave me a membership as a present. And what a neat present it was!

Because I live in Japan, I can't easily attend meetings, but I do enjoy being a part of the Legion family through the *Minnesota Legionnaire* and *The American Legion Magazine*.

Because of ignorance of American Legion purposes and programs, I probably would not have joined myself. However, because of enlightenment through the *Legion Magazine*, I am happy my brother took the step for me. He must be an example of

Thank you, Legion family, for caring. I'm glad I joined.

ROLAND HALBERG
Tokyo, Japan

Little did I realize back in 1928 when I was 10 years old, living in a small coal-mining town in Southern Illinois, that those "good men" who



Working as a powerful team
The American Legion has been able to get a great many benefits for veterans.

gave us poor folks a Christmas package with oranges, nuts, candies and other goodies, were Legionnaires. I saw the same kind of generosity and warmth in Chicago for many years after we moved there prior to the Depression. I always wanted to be one of their "lady members" so I could return that "good" little realizing that WWII would see me enlisting as a WAVE, thus becoming eligible for Legion membership.

Our post is a great example of what a veterans organization can and will do for anyone and everyone. I have been in the Legion only 31 years, but 28 years as Children & Youth Officer have been a great challenge and most rewarding.

MRS. R. W. HURT
WAVE Post 988
Oberlin, La.

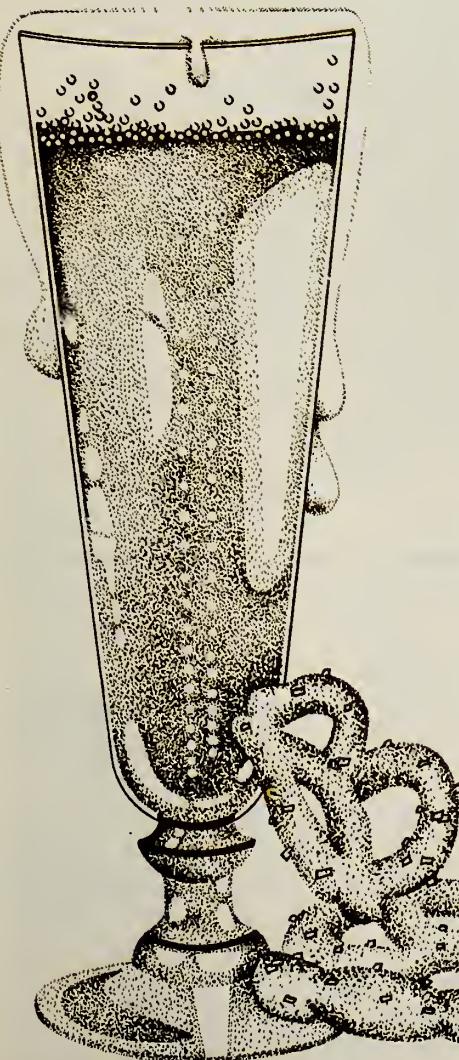
When I got separated from active service in 1955, the last thing I wanted was another uniform. Veterans organizations did not appeal to me, the Legion least of all. Then I began to take notice—American Legion awards in school; athletic programs sponsored by The American Legion; the dead remembered by The American Legion, and the surviving helped and encouraged; National holidays made believable, en-

(Continued on page 40)



Beer production keeps going up.

Why processing, marketing, packaging and consumption of beer have been changing.



The Beer Revolution

By Tony Upton

Domestic brewers are, by nature, a competitive group. And from stories appearing in the nation's media in recent times, that fact seems to have created a "revolution" in our brewing industry—in beer processing, marketing, packaging and consumption.

Newspapers and TV news shows, especially, have covered the stiffening competition among large, national brewers seeking greater market shares. Such stories have emphasized the emerging popularity of low-calorie beers, the "new" sophistication of marketing brewers' products—and the greatly increased advertising budgets aimed at consumers.

Further, the continuing decline in the number of smaller regional American brewers has been cited as proof that beer lovers will have to choose from an increasingly limited selection. (Unless, as some media reporting seems to suggest, imported beers take over the American market.)

If all of the above is accurate, how come there are over 400 brands of American beer available in today's market? Why are imports only 1.7 percent of the American retail market? Does nobody recall that "diet" beers were introduced a dozen years ago, and aren't really newcomers? Is the decline in the number of regional breweries something new? (No, it has been going on since before prohibition, which killed more than a thousand. Since then, many have merged or left the competitive scene.)

The upshot of all this is that the American brewing industry isn't going through a revolution at all; it's experiencing the same process of

evolution noted, for example, in the automobile manufacturing industry which now numbers only a handful of firms.

Furthermore, whatever the company or the industry, innovation and change are requisites of life. New products are created and sent to the consumer every day—with the emphasis on what is desired. The fact that there is nothing constant except change remains basic. Also recall that to make money, you have to spend it. In other words, competition is necessary. In the brewing industry and in all others.

Those who suggest that regional brewers aren't "hanging in there," are wrong. They are. (We'll give some examples later.)

Another item not generally reported by the media is the size of the contribution the U.S. brewing industry makes to the domestic economy.

Let's take a look:

In 1977, American brewers produced more than 170 million barrels of malt beverages—the highest production in history, and more than double the "next highest" national production of 80.3 million barrels in West Germany.

At the retail level, malt beverages produced in America have a value of \$17 billion annually.

Brewers in America employ more than 50,000 persons—and pay salaries (not including fringe benefits) amounting to about \$930 million each year.

The industry is a major purchaser. Agricultural commodities bought by brewers as raw materials for malt beverages cost them some \$750 million each year.

If you think your fuel, electricity
(Continued on page 42)

HOW TO FIGHT FATIGUE

If you are constantly tired the reason for it may be something you never realized, most likely a form of boredom.

By Lester David

In Houston, Tex., a bank manager who works in the downtown area begins work at 9, leaves at 5:30, and arrives at his suburban home about an hour later. For several years he has complained that he's too worn out to have dinner and often just nibbles at it or even skips it entirely. Afterward, he usually falls asleep in front of the TV set.

He is all of 36 years old.

In Chicago, Ill., a 57-year-old business executive has adopted the habit of going to bed promptly after dinner and resting in bed almost the entire weekend. He explains to his wife that he's simply too tired to go out or see friends. His wife told a marriage counselor, "I feel I don't have a husband any more." She is seriously contemplating divorce.

In Baltimore, Md., a 31-year-old assistant manager in a supermarket was told he would be named to head the chain's most important branch. After three days of agonizing, he turned it down, giving up a \$5,000 raise. A ball of fire until a few years ago, he was now beginning to wilt by mid-afternoon each day. "I can't accept the job," he told his wife miserably. "I wouldn't be able to stand the pace."

Unique instances? Sadly, no. Because these cases—actual ones culled from doctors' files—are being repeated over and over in staggering numbers and countless variations all across the country.

Few people realize that there is a flip side to the physical fitness craze now sweeping the nation. If millions of individuals of all ages are out there trying to get their bodies in shape, others are dragging them around. Laboriously. Some tire easily after slight effort. Others just never seem to feel in peak condition. And still others fight fatigue every step of the way from wake-up time to bedtime.



The most frequent complaint that doctors hear from patients is that they are often tired.

Sound familiar? Little wonder because, judging by eye-popping medical reports, there are apparently more pooped Americans than fit ones!

According to Dr. Donald T. Frederickson of the Inter-Society Commission for Heart Disease Resources, family doctors report "almost with unanimity" that chronic tiredness is the most frequent complaint they hear from *well over 50 percent* of the patients in their waiting rooms.

Declares Dr. Ronald P. Costin, medical director of the Life Extension Institute, the nation's oldest health service organization which specializes in diagnostic and preventive medicine: "There is not much question that persistent fatigue is one of the most widespread set of

The fellow who first said variety is the spice of life could have added . . . "and an enemy of fatigue."

symptoms—if not the most prevalent of all—that afflicts our society today."

All of society, because constant physical weariness is not confined to the geriatric set, as many suppose. Let's pop that bubble early on. Reports Dr. Costin: "Victims can be anyone—students, business and professional men, young housewives, workers of all ages as well as retired persons." Other doctors are in full agreement.

Being worn out robs you of enjoying life to the fullest. Because it keeps you from doing your best on the job or in business, causing you to lose out on promotions or profits. Because it can sour your relations with families and mates. The Family Service Association of America,

a social agency with branches all around the U.S., reports that weariness is a major factor in causing marital unhappiness. It figures. When one spouse is raring to go and the other mopes around most of the time, bone-weary, a marriage has to be extraordinarily strong to withstand the inevitable strains and tensions that will be built up.

Nor is this all. Nobody has counted the number of cuts, bruises and worse suffered at machines and work-benches by workers whose reflexes have been dulled by weariness, but there's not much doubt they run in the millions. Points out Dr. Benjamin F. Miller of the University of Pennsylvania Medical School: "Fatigue has been shown repeatedly to be a

major factor in accidents on the job." The American Medical Association also warns that fatigue is one of the prime causes of farm accidents.

So then—why do you get so tired and, even more important, what can you do about it?

Unfortunately, chronic fatigue is not always an easy condition with a pat remedy. Actually, there are three separate kinds:

The first—and this is what doctors want to rule out at the beginning—stems from organic reasons. Meaning that there's an illness or bodily malfunction somewhere that's sapping your strength and undermining your health. The Life Extension Institute, which examines many thousands of persons annually, reports that only

one in ten cases of chronic fatigue is associated with some kind of physical disease.

But it's crucial to check. So if you are pooped much or nearly all the time, have a doctor look you over. His examination will include blood and other lab tests, plus X-rays, which will tell him if anything is wrong.

Some conditions are relatively minor. An overweight New York City machinist learned his constant weariness was due to strenuous dieting. The doctor told him to ease up and add more energizing foods. He did and felt better.

Poor vision and anemia can produce fatigue, so can an underactive thyroid gland, the thermostat deep in the throat that controls the rate at which your body burns up food. If it's too sluggish, so are you. Other ailments include chronic infections somewhere in your body, hepatitis, hypoglycemia or an abnormally low level of sugar in the blood, unsuspected liver disease, diabetes and early heart and lung failure.

If nothing shows—and nine times in ten it won't—your tiredness may be the second type, *physical fatigue*. Put simply, this is caused by too much muscular activity. You put in a long rough day, walking a lot, working with your hands a lot, bending and stretching and hauling a lot, running around a lot. And come home bushed.

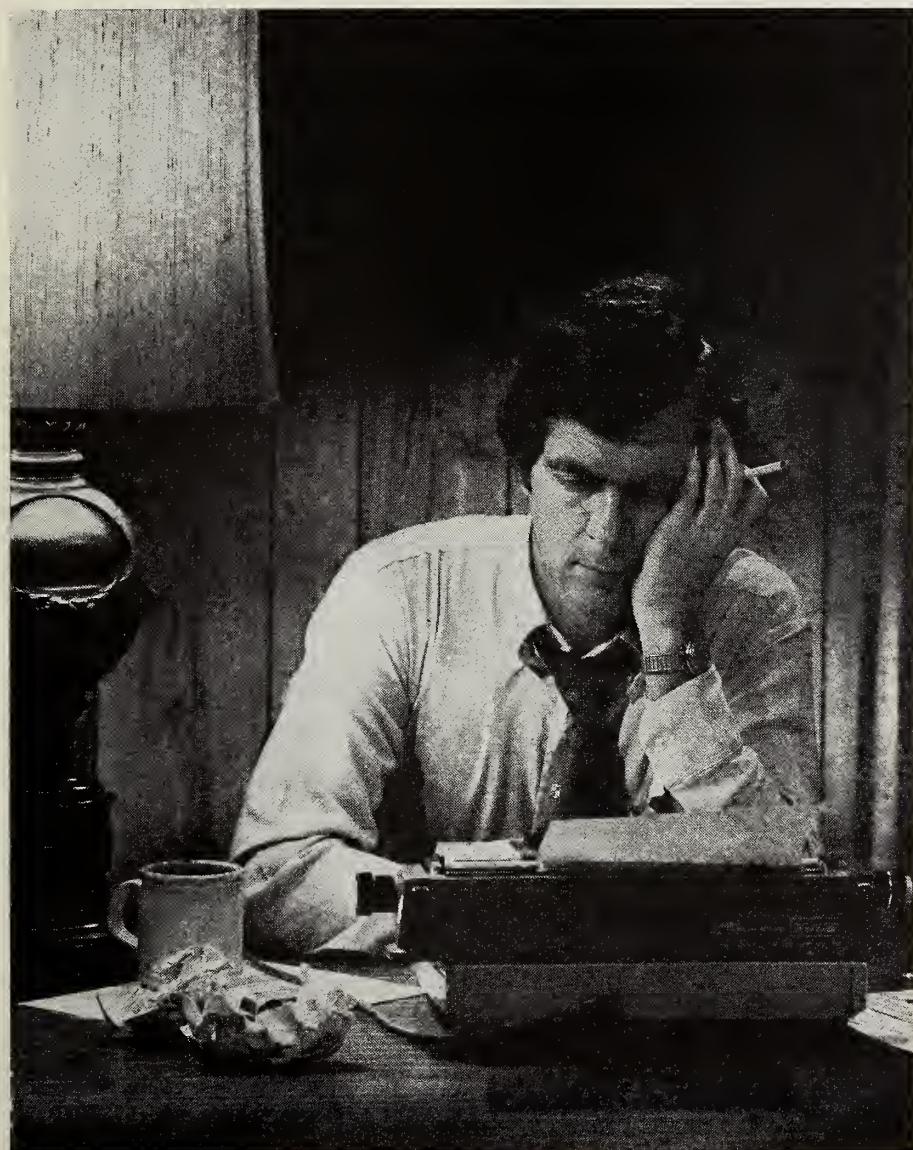
This kind of earned fatigue is the easiest to avoid and beat. The A.M.A. gives you these tips:

Stop racing around. Hurrying your work will not only cut into your energy store sharply but probably make you turn out a sloppier job.

Try resting and sleeping more. If you always thought you could get by on six hours, try seven. And it won't hurt to lean back for about ten minutes in the middle of the day, with your feet elevated to hip level.

If your job calls for walking, the proper technique will enable you to cover more distance with less fatigue.

(Continued on page 36)



DICK SPAHR, PICTORIAL

A person can get thoroughly exhausted without engaging in physical activity.



*An old-time seeker after gold,
with essential tools of the trade.*

**There is still gold in them thar
hills and hundreds of prospectors
are finding enough of it to make
the work worthwhile.**

Gold Diggers of '79

By Rick Lanning

On a bright spring morning last year, I found gold on a mountain top in Arizona.

While I have no intentions of retiring on the two nuggets and 20-some odd flakes I panned out of Weaver Creek near the ghost town of Stanton, I discovered that being a gold panner is one of the most challenging, exciting hobbies around.

Although a person's chances of cashing in are far less than that of the old-time prospector, you can have lot of fun. And if you get lucky and find a pothole—a place where gold has collected over the centuries—you just might come up with a small fortune. An intriguing example is that of a man who was demonstrating a portable suction device and pump near Placerville, Calif., near the site of the California gold strike in 1849.

He stuck the nozzle of the device into a stream inside a city park to show two friends how the thing

worked. When it stopped operating because something had plugged up the nozzle, he reached down and came up with a \$1,500 gold nugget.

People are making a living all over Arizona panning for gold. They're not getting rich, but when you add up pension checks and the few dollars they receive in payment for their gold dust, goldbearing black sand, it's a comfort in these days of economic uncertainty.

My teacher in the great gold hunting expedition was Joe Wilcox of Glendale, Ariz. Joe is a veteran prospector and jewelry maker who has searched for gold in many parts of the world—South America, Alaska and the Southwest. He began pursuing what then was a hobby at the age of 18 and has turned it into a full-time profession, since he operates an Indian arts store at 19th Avenue and Northern, in Glendale.

Recently Joe completed a business deal with two young men from California. The total amount of the transaction was \$14,700.

"What happened was these two long-haired fellows found a stream full of gold near Placerville," said Joe. "They came in and I thought they were going to sell a couple of ounces of gold. They came up with almost 80 ounces."

There are hundreds of prospectors scouring hills and streams in Arizona looking for the yellow metal. Some of the amateurs, unfortunately, wouldn't recognize real gold if "it jumped up and bit them," declared Joe.

But if you're a quick learner, you can find and recognize it.

People who meet Wilcox are fascinated by his wristwatch, ring and the ram's head he has on his bolo tie. They're all made of crude gold Joe has picked up during his travels.

If you're interested in becoming a weekend gold panner, here are Wilcox's hard, fast rules for finding the stuff that has driven men wild and made some wealthy beyond their grandest dreams.

Joe says a person can find gold

practically anywhere there is a heavy concentration of mineral deposits, especially if you're looking inside the "golden triangle" bordered by Phoenix, Wickenburg and Prescott. In Arizona, the choice of panning areas is endless.

"Californians can find gold in most of the stream beds and old dried-up stream beds where the '49ers found it, from Grass Valley to Placerville and Nevada City.

Joe has been particularly fortunate on Rich Hill, an interesting rock formation near Stanton, some 15 miles from Wickenburg, Ariz. Rich Hill was discovered in 1863 by a group known as the Peeples' Party.

Headed by Abraham Peeples, the group of explorers and gold hunters made camp at the foot of the mountain. They killed several antelope and later named the mountain across the stream Antelope Hill.

While Peeples was drying meat from the antelope, he found gold in the stream. A more adventurous member of the party climbed the

rugged mountain and found an even greater deposit at the top of the saddle back-shaped mountain. Within three months, more than \$500,000 in nuggets was taken from a single acre on the 2,000-foot summit. What amazed other prospectors was the fact that the gold was removed with butcher knives and other simple hand tools.

What is gold fever? It's a state of mind...

"It was a freak of nature," said Wilcox. "Even today after a rain-storm you can find gold on the mountain. And it's been scraped over, uprooted and picked and shovelled. There doesn't seem to be any end to the gold."

Gold hunting isn't without its

dangers. There are rattlesnakes in the area, particularly during the summer months. And a miner named William Johnson was buried by a cave-in. His body was never recovered.

Wilcox uses a panning system known as crevicing to find gold.

"I look for bedrock in the bottom of a stream or where a stream once flowed," he explained. "Gold is six times heavier than other materials and it wedges itself in small cracks and crevices. It works its way deep into the bedrock."

When Joe finds bedrock that looks promising, he locates a crack, pushes a screwdriver or chisel into it, and smacks the tool with a hammer. If the bedrock breaks apart easily, Joe is happy.

"That means Mother Nature is about ready for somebody to find her riches," he grinned.

Joe then takes the rock and other materials, places all of it into a gold pan, and washes it in a nearby stream or water barrel.

"Wash all of the material—even the stuff that doesn't look promising," he said. "Gold seems to have a habit of hiding from all but the most expert eyes."

By submerging a gold pan in flowing water, the lighter rocks and dirt wash away, leaving the heavier black sand—and gold.

Using Joe's technique, our party climbed to the top of Rich Hill and in less than three hours found two good-sized nuggets and 20-30 small pieces of placer or "free" gold.

What is gold fever? It's a state of mind and it's contacted the moment you find your first fleck. It's a sensation that is totally pure and honest because you know you earned your reward by hard work.

And I can vouch for one thing: you are never the same person again. ■



Author Rick Lanning pans for gold near an old gold mine that is still active. With a little luck and savvy it is possible to find "color."

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News to Use

Between-jobs Health Insurance

If you're thinking about changing employers—or feel that your present job may fade out—consider how you will handle your health insurance while you are temporarily idle. If your coverage lapses, you're risking financial trouble. However, experts say you have several avenues open to you:

1) Your present policy may continue beyond your leave-taking, perhaps for 30 days or even more. For a starter, check this out, because some types of group insurance have such a clause.

2) Similarly, group insurance often can be converted to an individual policy. True, conversion will cost more, but this still could be a worthwhile possibility.

3) Another option is an interim, or short-term, personal policy, good for two to six months. This will give you \$25,000 maximum benefits, after a deductible in the \$100 to \$500 range. Usually the first \$5,000 of costs are covered to the extent of 80 percent and the rest at 100 percent. Premiums, though, are pretty steep—a typical 90-day policy for man and wife will run about \$100 plus \$35 per child.

4) Finally, if you have a working spouse who is a member of a group plan, you're in luck. She (or he) can expand coverage to include what you are losing.

In fact, it may be a good idea for two working spouses in group plans to cross-insure each other with a coordination of benefits.

Liquor Prices Rate Cheers

Amid all the gloomy forecasts of higher prices, there's one note of cheer—the cost of bottled alcoholic refreshment, which has been lagging way behind the general parade, won't advance much in the months to come.

Liquor prices probably will be most stable. That's because 1) competition is stiff, 2) the prices of Canadian whiskey haven't advanced noticeably in over a year, and 3) distillers have been able to offset rising expenses by lowering proof. Result: Bottled liquor prices, according to industry estimates, have gone up only about 6 percent or 7 percent in two years.

The average tab for wine has moved ahead faster, partly because European imports are reacting to the decline of the dollar. On the other hand, the range of wine choices increases year by year so that the buyer readily can adjust his choice to his pocketbook.

Book Early for Summer Trip

Make your hotel and motel reservations as early as possible if you're traveling around the country this summer. Here's why:

* Accommodations are likely to be very tight. Innkeepers have been doing some new building in the past couple of years, but it hasn't matched the huge increase in demand. So if you book early, you have a better chance of getting the kind of rooms you want.

* Rates will be up. Last year they rose about 13 percent on the average. This year the rise may be somewhat less. If you put in your bid late, however, you're apt to find all the more modestly priced accommodations gone.

Worth Knowing

CENSUS JOBS: Preliminary work on the 1980 census is getting under way, opening temporary jobs for some 15,000 to 30,000 employees who will set up the program. Later, about 250,000 more will be needed to do the actual leg and clerical work. Pay is \$3.50 per hour. Incidentally, retired federal government workers likely won't find census jobs worthwhile; the pay would take a bite out of their annuities.

By Edgar A. Grunwald

The Message Center

EXECUTIVE ORDER CLEARS WAY FOR BURIAL OF AMERICAN CITIZENS IN CANAL ZONE . . . An executive order makes provisions for disposition of remains of American citizens buried in the Panama Canal Zone . . . The Republic of Panama will ultimately take control of the canal and zone . . . The order provides that remains of veterans and their families buried in the Mount Hope or Corozal cemeteries in the Canal Zone may either be reinterred at Corozal, which will be administered by the American Battle Monuments Commission, or at a National Cemetery in the United States . . . The order satisfies the recommendation of The American Legion to the Senate, made at the time of consideration of the Panama Canal Treaties.



Peace Arch Post 86, Blaine, Wash., raised funds to purchase this minibus for the Senior Citizen Center. Shown at the bus presentation are, left to right, Donald E. Snow, NECman from the Department of Washington, Don Whitesmith of the Center, and Post 86 Cdr. Doug Freeman.

'VIETNAM VETERANS WEEK' BEGINS MAY 28 . . . "Vietnam Veterans Week" will begin May 28 . . . It's a one-time effort to recognize once and for all that Viet vets deserve rightful place among all U.S. veterans . . . The Legion has recommended to the Administration programs geared to upgrade the Viet vet image and help fulfill their one great need—gainful and permanent employment . . . Lukewarm response so far.

PSYCHOLOGIST WINS FIRST OLIN E. TEAGUE AWARD . . . Psychologist Dr. Myron G. Eisenberg has won the Veterans Administration's first Olin E. Teague award for his work in the rehabilitation of spinal cord injury victims . . . Award was presented by retired Texas Congressman Teague, for

whom the award is named . . . Teague served for 31 years on the committee that oversees veterans' programs in the House of Representatives.

VA DEVELOPS NEW METHOD FOR CHECKING ON 'AGENT ORANGE' . . . A surgical method for checking whether some Vietnam veterans carry after effects of "Agent Orange" in their body fat will be tested by the Veterans Administration . . . The test is part of a VA search for a simple way to find out whether any Vietnam veterans might have after effects from exposure to herbicides in Vietnam . . . The VA has been testing veterans exposed to herbicides.

WORLD WAR I PENSION LEGISLATION INTRODUCED BY REP. ROBERTS . . . Rep. Ray Roberts (D-Tex), chairman of the House Veterans Committee, has introduced, at the request of The American Legion, legislation to provide a special pension program for veterans of World War I . . . This action is in support of the mandate of Legion Resolution 220, adopted at the 1978 New Orleans National Convention.

THE HIGH COST OF GIVING AWAY THE PANAMA CANAL . . . Despite Carter Administration assurances to the contrary, the State Department is estimating that it will cost the taxpayers \$350 million to "give away" the Panama Canal and Canal Zone to the Republic of Panama . . . Deputy Secretary of State Warren Christopher told a House subcommittee on the Panama Canal that the cost involved "relocation of defense facilities, early retirement and other U.S. employes benefits."

CENTRAL BLIND REHABILITATION CENTER RECEIVES PLAUDITS . . . Marvin H. Westin of Alcester, S.D., has nothing but praise for the Central Blind Rehabilitation Center, VA Medical Center, Hines, Ill. (60141) . . . "Are you legally blind?" he asks . . . "If you are, I have information that will be of great benefit to you. Have you heard of the remarkable training available at the Center? Well, I never heard of it until four months ago, but through participation in the program I have regained my self-confidence and independence."

CONGRESSMAN SUGGESTS NAME FOR THE PLANNED CAMDEN VA HOSPITAL . . . Rep. James J. Florio (D-N.J.) is stumping to name the planned Camden, N.J., Veterans hospital for the late Medal of Honor Winner Carlton R. Rouh, a native of Lindenwold, N.J.

New Electronic Insect Trap

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This *Electronic Insect Trap* will clear an area 25 feet in diameter...more than 20,000 cubic feet of backyard or patio. Now, you'll enjoy the outdoors without being bothered by annoying flies, mosquitoes, gnats!

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NEWS

FOR LEGIONNAIRES

Commander Briefed on SALT Pact

By Dennis Miller—ALNS Staffer

American Legion National Cdr. John M. (Jack) Carey says he likes the idea that amendments will be offered on the floor of the Senate to the Strategic Arms Limitation Treaty in the process of final negotiations.

Carey's comments followed a briefing from a member of Sen. Henry Jackson's staff that detailed the provisions of the treaty as now drafted.

Carey did point out that The American Legion wanted to see a SALT II, but not at the expense of U.S. military retaliatory capabilities. The organization has been on record opposing any treaty that left the United States in "an inferior position."

"The biggest thing that I'm worried about in the whole doggone thing," Carey says, "is the fact that

(Continued on page 28)



There will be 358 American flags flying this Memorial Day at the Mount Pleasant courthouse in Henry county, Iowa.

Iowa's Henry County Will Fly 358 Flags This Memorial Day

By Virginia Sheets

There will be 358 American flags unfurled again on Memorial Day at the Mount Pleasant courthouse to honor the memory of deceased veterans of Henry County.

If you are a tourist and happen to be driving U.S. Highway 34 through the county seat town of Mount Pleasant you will be able to view this colorful and impressive display of American flags.

The flags have been flying every Memorial Day and Veterans Day since 1972.

The inspiring display represents men and women of the Revolutionary War, Spanish-American War, Civil War, World War I, World War II, the Korean conflict, the Vietnam War and those who died on duty during peace-time.

The display is sponsored by Henry County patriotic organizations, including the American Legion Auxiliary Bob Tribby Unit 58.

Each year, more and more families have added their flag—often a burial flag—to this unique memorial until there was a total of 358 flags "gallantly streaming" last Veterans Day, reminding that deceased veterans have not been forgotten.

(Editor's note: Mrs. Sheets belongs to Bob Tribby Auxiliary Unit.)

Headquarters Schedules Eight Regional Leadership Conferences

National Headquarters has scheduled eight American Legion and Auxiliary regional leadership conferences beginning in September.

Headquarters divisions participating in these conferences will be Membership, Americanism, Children & Youth, Public Relations, Veterans Affairs and Rehabilitation, Economics and Legislative.

Headquarters will furnish departments complete information on the forthcoming regional conferences.

The dates and locations for the conferences are as follows:

Sept. 7, 8 and 9—

Region 3 (Kentucky, Tennessee, North Carolina, South Carolina, Georgia, Florida): Sheraton Inn, Atlanta, Ga.

Region 8 (Washington, Oregon, Idaho, Montana, Wyoming): Portland, Ore., Hilton hotel.

Sept. 14, 15 and 16—

Region 6 (North Dakota, South

Dakota, Nebraska, Kansas, Minnesota, Iowa): Holiday Inn Downtown, Sioux Falls, S.D.

Region 1 (Maine, Vermont, New Hampshire, Massachusetts, Connecticut, Rhode Island): Hotel Sheraton-Wayfair, Manchester, N. H.

Sept. 28, 29 and 30—

Region 5 (Wisconsin, Illinois, Missouri, Michigan, Ohio, Indiana): Sheraton West Airport, Indianapolis, Ind.

Region 7 (California, Nevada, Utah, Colorado, Arizona, New Mexico): Las Vegas Hilton, Las Vegas, Nev.

Oct. 5, 6 and 7—

Region 4 (Oklahoma, Texas, Arkansas, Louisiana, Mississippi, Alabama): Capitol House, Baton Rouge, La.

Region 2 (New York, Pennsylvania, New Jersey, Maryland, Virginia, West Virginia): Lord Baltimore Hotel, Baltimore, Md.

60 Years of Service to God and Country

National Cdr. John M. (Jack) Carey has issued the following statement on The American Legion's 60 years of service to God and Country:

"We have completed six decades of service to God and Country, and I believe we have compiled a record of service that is unparalleled by any patriotic service organization in the world.

"We look to our past with pride, and we look to our future with great anticipation and great expectations that we will serve as effectively in the years ahead as we have in the years gone by."

LEGION SALUTES VIETNAM VETERANS

The American Legion fully endorses, supports and will participate in Vietnam Veterans Week, beginning May 28, in recognition of those Americans who served their nation honorably and bravely in a politically controversial conflict.

National Cdr. John M. (Jack) Carey has called on all 16,000 American Legion posts in 58 departments to open their doors in a special salute to the outstanding service performed by the nation's Vietnam veterans.

Stating that he believed it was time once and for all to separate the politics of Vietnam from the performance of those who served, Commander Carey announced that The American Legion will embark on an intensive nationwide campaign designed to exemplify the outstanding contribution of Vietnam veterans—not only of past contributions made to national defense but to the outstanding contributions they are making to their communities as civilians today.

In retrospect, the Vietnam veteran proved himself or herself to be an intelligent, dedicated and loyal American soldier, Marine, sailor or member of the Air Force.

He or she is entitled to stand tall alongside American warriors of other wars.

Perhaps no one has said this better than James H. Webb Jr., the much decorated Marine hero and author of "Field of Fire," a classic novel about the Southeast Asian war.

Webb told the Legion's February conference in Washington, D.C. (in part):

"It is amazing to see the many misperceptions that

continue to abound with respect to Vietnam and the people who fought there. Vietnam is remembered as a dirty little war, hardly a war in the traditional sense at all; and yet, even though there were no Iwo Jimas or Guadalcanals, Vietnam produced more combat casualties for the Marine Corps than World War II.

"Vietnam is remembered as a war of the unwilling, conjuring visions of draftees being dragged kicking and screaming into uniform; and yet, two-thirds of the people who served during the Vietnam era were volunteers, while two-thirds of the people who served during World War II, the great patriotic war, were drafted.

"Vietnam is viewed as an especially brutal war toward innocent civilians, a genocidal war; and yet, the percentage of civilian casualties was comparable to World War II, and lower than in Korea.

"Vietnam is remembered as a political issue that pitted youth against age, widening the so-called 'generation gap,' while in reality it was an issue that pitted culture against culture with various age groups. I can assure you that neither Abbie Hoffman nor Doctor Spock ever spoke for me, or for the people I served with.

"It was a war where people my age could gain political credentials for the rest of their lives by taking a few weekends out of their college careers and marching against it, while those who gave years, and often portions of their bodies, gained no more than a stigma."

As Commander Carey says, Vietnam Veterans Week will give every American an opportunity to wipe out that stigma once and for all.

There Are No Losers In Special Olympics

"In Special Olympics there are no losers among the athletes and those who participate in other capacities," National Cdr. John M. (Jack) Carey told a recent Legion conference in Topeka, Kans.

In an address before The American Legion's Americanism-Children & Youth and Veterans Affairs and Rehabilitation midwestern area conference banquet, the Legion chief said it doesn't really matter who finished first, or who finished last, or even if someone fails to finish and needs to be helped from the course. "What is important," Commander Carey emphasized, "is that somebody gave these special athletes the opportunity to participate and, what is more important, somebody cared."

The Legion National Commander pointed out that the "special bit of attention" for every contestant at the end of every event is what helps make these special persons winners.



Vernon (Roy) Powell

Carey noted that the Vermont American Legion has pledged to raise \$1 per member for the support of Special Olympics.

"We want to see every possible bit of cooperation and support for this year's Special Olympics," Carey added. The Legion chief said he is planning to attend the International Games scheduled for Brockport, N.Y., Aug. 8-13.—ALNS

Roy Powell Is Named Month's Legionnaire

"Imagine, Roy has contributed time equivalent to 14 actual years of full-time volunteer service. Our hats are off to Comrade Powell. His service makes one proud to be a Legionnaire."

So said Illinois Department Cdr. Norman Biebel and, naturally, Vernon (Roy) Powell of the Harold A. Taylor Post 47, Chicago, Ill., earned the title of "Legionnaire of the Month" for May.

Powell, a veteran of World War I, saw his three sons enlist in World War II, one of whom lost his life in service of his country. His youngest grandson served in Vietnam.

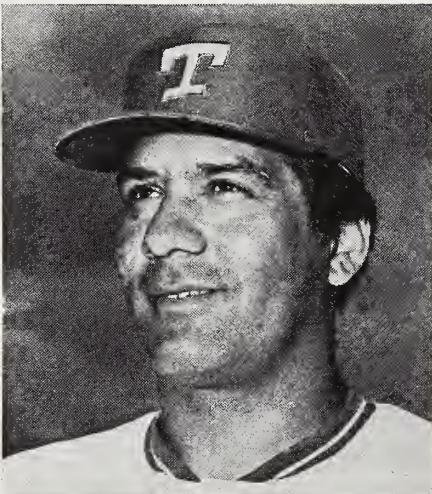
Powell's volunteer work began when he became commander of Post 47 in 1952 at the Hines veterans hospital. He has logged a total of 28,000 hours in volunteer service at VA hospitals.

NEWS

FOR LEGIONNAIRES



*Roger Craig, Mgr.
San Diego Padres*



*Pat Corrales, Mgr.
Texas Rangers*



*Jim Fregosi, Mgr.
California Angels*

Legion Baseball Applauded by Major Leaguers

In July, The American Legion's annual baseball program for the youth of America will celebrate its 54th anniversary.

Since that summer day in 1925 when the South Dakota department proposed the program, more than 400 graduates of American Legion baseball have gone to the major leagues to play in the annual All-Star classic, many of them now enshrined in baseball's Hall of Fame at Cooperstown, N.Y.

So as another Legion baseball season for America's teenagers is about to begin—the Legion "World Series" will be played in Greenville, Miss., in September—with hundreds of Legion posts sponsoring teams.

Major league managers have looked back on a program that has spawned the likes of such Hall of Famers as Yogi Berra, Lou Boudreau, Roy Campanella, Bob Feller, Ralph Kiner, Eddie Mathews, Joe Medwick, Stan Musial, Ted Williams, Bob Lemon, Warren Spahn and Early Wynn, to name a few.

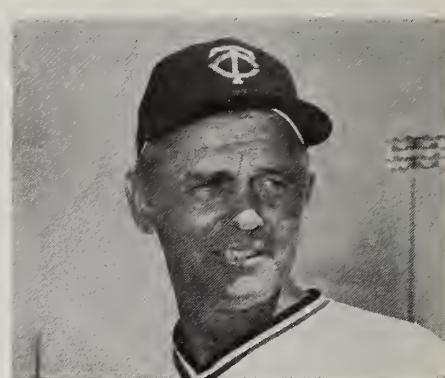
And they look forward to the program that produced the present-day Johnny Benchs, Joe Morgans, Dave Kingmans and Dave Winfields, to name a few more.

More than 80 percent of the 1979 major league managers enjoyed American Legion baseball as teenagers. Each of them is generous in his praise of the activity for its development of baseball talent and teaching good citizenship principles.

Minnesota Twins Manager Gene Mauch played on the 1942 national championship team from Los Angeles and reports the program was "my first really great experience." The Los Angeles club earlier defeated Yogi Berra's team from St. Louis. Mauch was selected as the most valuable player in the national finals.

Earl Weaver, Manager of the Baltimore Orioles, indicates "American Legion baseball has the best program for hopeful young ballplayers."

Don Zimmer of the Boston Red Sox describes American Legion base-



*Gene Mauch, Mgr.
Minnesota Twins*

ball as a "great program for teenage boys." He played for Bentley Post No. 50 at Cincinnati, Ohio.

Cleveland's Jeff Torborg suggests the program was the level "at which I developed the most." National Americanism Commission member Albert J. Moeller coached Torborg for Martin Wallberg Post No. 3 at Westfield, N.J.

Pat Corrales, Texas Rangers skipper, considers American Legion baseball "excellent for development of youngsters." He played for Coach Ollie Bidwell on Fresno, Calif.'s Post No. 4 team.

Delta Airlines Captain Bob Scruggs of Atlanta coached Toronto's Roy Hartsfield. The Blue Jays' mentor remembers his experience as "a good program, well organized to give the opportunity to play to many who had no other resource."

Other American League managers who also participated include Jim Fregosi of the California Angels, Don Kessinger of the Chicago White Sox, Les Moss of the Detroit Tigers, Jim Marshall of the Oakland A's and Darrell Johnson of the Seattle Mariners.

Herman Franks of the Chicago Cubs remembers his experiences at Salt Lake City, Utah as a "great program."

San Diego Manager Roger Craig liked American Legion baseball because "it provided an opportunity for me to play baseball during the summer."

Pittsburgh Pirate Manager Chuck Tanner reports "Legion programs are the best for young players that I know of." He enjoyed competition at New Castle, Pa.

(Continued on page 28)

Medical Experts, AL Decry VA Cutbacks

By Rod Anderson—ALNS Staffer

The American Legion, the nation's largest veterans organization, and a distinguished panel of Veterans Administration senior medical personnel have decried attempts by the Carter Administration to sacrifice the quality and quantity of health care for the veteran population as a means of meeting budget goals.

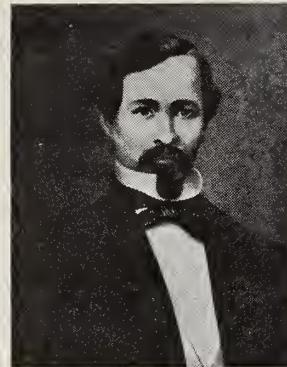
Three VA district medical directors, two chiefs-of-staff, two chiefs-of-nursing, and a research physician have joined the Legion in testifying before the House Committee on Veterans Affairs that the "meat-axe" approach to the VA's Fiscal Year 1980 budget is "adversely affecting VA health care delivery."

Witnesses before the House Committee included Dr. Herbert G. Rose, president of the National Association of VA Physicians, who told the committee that staff cutbacks are forcing VA hospitals to practice "assembly line medicine." Moreover, doctors and other health care providers are limited in offering timely care to veterans because the support personnel is being drained from the VA system.

The effect of existing cutbacks, including 3,200 hospital beds and 1,500 staff positions, is already being felt through the inability of some hospitals to fill current vacancies. Miss Helen E. Wysocki, chief of nursing service at the Miami VA hospital testified, "We are 120 positions short." As the cause of the difficulties she is experiencing in recruitment of qualified personnel, she told the Committee that the word is out in the community "not to go to the VA . . . they have a lid on hiring and the overtime requirements are unbelievable."

American Legion spokesman Robert E. Lynch, Director of the Veterans Affairs and Rehabilitation Commission, documented numerous accounts of VA medical centers throughout the nation that are turning away nonservice-connected veterans. Lynch testified that there is a "definite and well-formed plan" to "establish a climate in which it would

(Continued on page 26)



Gen. Ward



Lt. Gen. Chennault



USMC Lt. Helseth

'Poop Sheet' Is the Tie That Binds China Post 1 Together

It's gotta be the most unusual, unique American Legion post anywhere. And anywhere is where it is likely to be.

That's Generals Ward and Chennault China Post 1, now in exile from its former headquarters in the American Club in Shanghai for the last 30 years.

Since the communist seizure of China in 1948, post headquarters is where long-time Cdr. C.A.S. (Cash) Helseth hangs his hat, currently in Arizona.

Helseth keeps the post going with a monthly "poop sheet," a detailed mimeograph product telling "who is where, why and what members are doing." It is a cross-communications effort that binds the 2,018 members worldwide together.

China Post 1 has Memorial Divisions in a number of foreign coun-



This is the banner of China Post 1, which is used by the Memorial Division in strife-torn Iran.

tries, and in strife-torn Iran, there were 400 active members of the Division before the rebellion began.

Members, of course, are veterans and most of them are employed overseas by American contracting firms.

Helseth says these firms "like to hire our men and women for they have proven to be dependable, do not panic easily when trouble erupts, and have so much experience in working with foreign nationals." Thus, the post is almost "the State Department" of The American Legion.

Yes, it is a legendary post, with legendary namesakes, having many living and deceased members who are or were legendary fighters and humanitarians in their own right, and a legendary history of 60 years of turbulence.

The post was chartered in Shanghai in April, 1920, after its founding the year before.

One post namesake is Frederick Townsend Ward, an American soldier of fortune who went to China in 1859 during an uprising. He was employed by the Manchu Dynasty, which conferred the rank of general on him for his leadership qualities.

The other namesake is the late Lt. Gen. Claire Lee Chennault, whose exploits in directing American air operations in China during World War II also became a legend.

Chennault was active in the reactivation of China Post 1 in 1946, two years before it was exiled from Shanghai, and was an active Legionnaire until his death in 1958.

NEWS

FOR LEGIONNAIRES

1978 Nominations for Hiring Veterans Awards Made

The National Economics Commission has announced The American Legion's nomination for the 1978 Employer of the Year Award for Hiring Veterans and 1978 recipients of Citation Awards, as follows:



North Carolina Department Cdr. C. S. (Red) Lewis (left) presents The American Legion Employer of the Year Award for Hiring the Handicapped to George W. Brunner Jr. of Brunner's Paint & Wallpaper Co. during ceremonies at Post 1, Raleigh, as Mrs. Brunner looks on.

Beneficiaries All

Veterans Administration education assistance extends to some 60,000 widows, wives of totally and permanently disabled veterans and their children who are enrolled in college or other training with VA financial help that closely parallels VA programs for veterans.

Medical Experts, AL Decry VA Cutbacks

(Continued from page 25)

become possible for the VA to start turning away veterans in the non-service-connected disability category."

Although Congress last year funded an additional \$32-million for staff positions, the Legion has been informed that these positions will not be filled. Moreover, the VA Department of Medicine and Surgery has issued orders to accomplish further staff cuts in excess of 4,000.

In a letter to Committee Chairman Ray Roberts (D-TX), Rep. Jim Leach (R-IA) said, "The cuts mentioned for VA are an indication of the Administration's priorities, not those of Congress."

1978 RECIPIENTS — CITATION AWARDS	
ALABAMA:	Older Worker
ARKANSAS:	Loveman's of Alabama, Huntsville
CONNECTICUT:	Ocean Optical Co., Inc., Little Rock
GEORGIA:	Cheney Brothers, Inc., Manchester
HAWAII:	Westpoint Pepperell, Dixie Mill, Lagrange
IDAHO:	Metalbestos Systems, Nampa
INDIANA:	Big G Home Supply Center, Evansville
IOWA:	Interstate Nursery, Hamburg
KENTUCKY:	Louisville Bedding Co., Munfordville
LOUISIANA:	Krauss Company LTD., New Orleans
MICHIGAN:	Hamill Manufacturing Company, Division of Firestone Tire and Rubber Co., Imlay City
MONTANA:	Meadowlark Country Club, Great Falls
NEBRASKA:	Morton House Kitchens, Nebraska City
NEW HAMPSHIRE:	J. F. McElwain Co., Nashua
NEW JERSEY:	Jersey Central Power and Light Co., Asbury Park
NEW MEXICO:	Roswell State Bank, Roswell
NEW YORK:	None
NORTH CAROLINA:	Sparta Pipes, Inc., Sparta
NORTH DAKOTA:	The Jamestown Sun, Jamestown
OHIO:	Lear Siegler, Inc., Maple Heights
OKLAHOMA:	Griffin Grocery Co., Muskogee
OREGON:	Gentex Corp., Carbondale
PENNSYLVANIA:	Merino Trading, Inc. Bayamon
PUERTO RICO:	Raven Industries, Inc., Huron
SOUTH DAKOTA:	None
TENNESSEE:	Pollard Ford, Lubbock
TEXAS:	Miller Floral Co., Farmington
UTAH:	Shopping International, Inc., Norwich
VERMONT:	None
VIRGINIA:	Weinbrenner Shoe Company, Merrill
1978 EMPLOYER OF THE YEAR AWARD FOR HIRING VETERANS—NOMINATIONS	
ALABAMA:	Small Employer
ARIZONA:	Marvel Manufacturing Co., Selma
ARKANSAS:	Continental Security Guards, Inc., Tucson
COLORADO:	Twin City Ford Tractor Inc., North Little Rock
CONNECTICUT:	Neelowet Business Machines, Denver
FLORIDA:	Dean Machine Products, Inc., Manchester
GEORGIA:	Wrono Enterprises Corp., Hallandale
IDAHO:	Paccar Parts Division, Morrow
INDIANA:	None
IOWA:	Abex Corporation—AMSCO Division, Anderson
KANSAS:	Donaldson Co., Inc., Oelwein
KENTUCKY:	Smith and Proffit Machine Co., Hopkinsville
MAINE:	Honeywell Inc., Portland
MARYLAND:	Salisbury Converting Co., Salisbury
MASSACHUSETTS:	Briox Technologies, Inc., Worcester
MICHIGAN:	Bay County Sheriff Department, Bay City
MINNESOTA:	MN. Power & Light Co. (Clay Boswell S.E. Station, Chassett)
MISSISSIPPI:	Mac's Security, Corinth
MONTANA:	Associated Food Stores Inc., Billings
NEW HAMPSHIRE:	Ben's Auto Body, Inc., Portsmouth
NEW JERSEY:	3M Company, Bell Meade
NEW MEXICO:	El Paso Electric Co. (Mesilla Valley Division), Las Cruces
NEW YORK:	National Standard Co.—Strandflex Division, Oriskany
OHIO:	Red Rose Feeds, Division of Carnation Co., Circleville
OKLAHOMA:	Crager GMC, Inc., Tulsa
PENNSYLVANIA:	Composing Room, Inc., Philadelphia
SOUTH DAKOTA:	North Central Supply, Inc., Rapid City
TENNESSEE:	Rexham Corp., Memphis
TEXAS:	Miller Flying Service, Plainview
UTAH:	Clark Love Construction Co., Layton
VERMONT:	Vermont Yankee Nuclear Power Corp., Vernon
VIRGINIA:	Dodge City, Waynesboro
WEST VIRGINIA:	Wackenhut Corp., Charleston
WISCONSIN:	The C. Reiss Coal Co., Green Bay
Handicapped	
Thoray Equipment Co., Inc., Tuscaloosa	
Windsor Door Co., Little Rock	
Communication Center of Hawaii, Hilo	
FMC Corp., Pocatello	
Chrysler Transmission, Kokomo	
Swift Dairy & Poultry Co., Clinton	
Whitehall Division Howmet Turbine Components Corp., Whitehall	
Mountain View Construction, Missoula	
Radio Station K.B.R.B., Ainsworth	
Suffolk County Police Department, Yaphank	
Bepco, Inc., Winston-Salem	
Ohio Security Systems, Inc., Warren	
Smith-Gruener, Inc., Ponca City	
Blue Cross of Oregon, Portland	
Divine Providence Hospital, Williamsport	
None	
Mr. Steak, Rapid City	
M-W Handicapped Enterprises Corp., Trenton	
Devro, Inc., Lubbock	
T.W.A. Services Inc., Cedar City	
Springfield/Penn Daw Yellow Cab, Springfield	
Larger Employer	
Hayes International Corp., Dothan	
Honeywell Information Systems Inc., Phoenix	
Falcon Jet Corp., Little Rock	
Storage Technology Corp., Louisville	
Electric Boat Division, General Dynamics, Groton	
St. Regis Paper Co., Cantonment	
Owens Illinois-Glass Products Division, Hapeville	
General Telephone Co. of the Northwest, Inc., Coeur d'Alene	
Kaiser Aluminum & Chemical Corp., Wanatah	
McNally Pittsburg Mfg. Corp., Pittsburg	
Tyson Tapered Bearings Division-SKF Industries, Inc., Glasgow	
Maine Central Railroad, Portland	
Dixon Valve & Coupling Co., Chestertown	
Foster-Forbes Glass Co., Division National Can Corp., Milford	
United Steel and Wire Co., Battle Creek	
Riviera Kitchens—Division of Evans Products, Red Wing	
Paceco, Inc., Gulfport	
Central Montana Hospital and Nursing Home, Lewistown	
Burndy Corp., Lincoln, Littleton	
Ingersoll-Rand Co., Phillipsburg	
Lumex, Inc., North Bay Shore	
Ohio Security Systems, Inc., Warren	
Riley Southwest Corp., Sapulpa	
FMC Corporation/Drive Division, Philadelphia	
Firestone Tire and Rubber Co., Memphis	
Swearingen Aviation Corp., San Antonio	
The Anaconda Co., Carr Fork Project, Tooele	
Triangle Conduit PWC, Glendale	
Allis-Chalmers Crushing & Screening Equipment Division, Appleton	

KEEPING POSTED

Cdr. Carey Attends CZ Post 1 Installations

National Cdr. John M. (Jack) Carey attended the installation of new officers for Panama Canal Zone Post 1 and Auxiliary at Balboa, Canal Zone.

He complimented the Canal Zone for fostering and carrying out programs of The American Legion.

Post 1 officers installed were Cdr. George Snyder, Vice Cdr. Richard Hatt, 2nd Vice Cdr. Ronald Ott, Adjutant Tom Gibson, Finance Officer Dave Dumbrowski, Sergeant-at-Arms Rodney Griffith, Chaplain Richard Wilde, Service Officer Jack Hoyle and Historian Frank Mills.

Auxiliary officers installed were President Joan Lang, 1st Vice President Barbara Alexander, 2nd Vice President Guadalupe Larson, Treasurer Cheryl Spies, Secretary Evelyn Wholley, Chaplain Diane Hudgins, Sergeant-at-Arms Theresa Lee and Historian Paz Ott.



Seeking to encourage the flying of the flag on Memorial Day and other patriotic holidays, Davis-Darrow-Meyer Post 112, Elk River, Minn., donated flags to Elk River schools. Presenters are (left to right) John Lundemo, finance officer, and Wally Righton and Jim Bredeck, members of the Flag committee.



Gov. William J. Yanklow (center) of South Dakota signs a proclamation declaring Public Awareness Week for the Handicapped coinciding with the 60th anniversary of The American Legion. Shown, left to right, are Martin Foss, Eugene Murphey, the governor, Department Cdr. Deane Weekley, who authored the proclamation, and Darrell Jepson.



Cdr. Dominick Coppola of Department of Water Supply, Gas & Electricity Post 1008, New York County, presents gift to patient Ramon Villanueva at the Knightsbridge VA hospital.

NY Post 1008 Gives Gifts to VA Patients

Legionnaires of the Department of Water Supply, Gas & Electricity Post 1008, New York County, have raised \$61,186 to enable them to distribute 15,950 gifts to patients in seven Veterans Administration hospitals located in the New York geographical area since 1946.

In addition, the post has supplied thousands of dollars worth of gifts for the American Legion Auxiliary Gift Shop, which is active during the Christmas holidays.

Spearheading this activity for Post 1008 are Cdrs. Salvatore J. Ascione, chairman, and Dominick Coppola and William Walker.

Danville Post 40 Band to Play European Concerts

The Danville, PA, American Legion Post 40 band will present concerts and tour Austria, Switzerland, Italy and France from Aug. 3 to 19.

The band's trip will be sponsored by the Kindsbach Kolping Kapelle Band of West Germany. The Danville post sponsored a visit to the United States by the West German band last summer.



Laguna Beach, Calif., honored O. W. Price, a 60-year Legionnaire and member of Post 222, as its "Citizen of the Year" for his outstanding service to veterans. He is shown (left) with Orange County's Fifth District Supervisor Tom Riley during the annual Patriots Day parade.

NEWS

FOR LEGIONNAIRES

Commander Briefed On SALT Pact

(Continued from page 22)

we cannot verify this whole program as far as we're concerned."

The Administration and the SALT II negotiators contend that the verifiability provisions are adequate; however, recent events in the Near East as well as other developments lead The American Legion to believe that there could be a serious problem developing.

Asked if the United States should continue to negotiate for arms control, in view of historical precedent that has proven every arms control attempt a failure, Carey answered, "We should be saying that that is our way of life, to do it at the table, not to do it with the arms. But I don't think that we should deproliferate while they build. As long as this thing is going on and they are building, we better be getting prepared."

In the briefing, Senator Jackson's office listed four problem areas—a built-in imbalance of forces because similar arms systems were not compared with each other, a concession by the U.S. to limit its technological advantage in developing weapons systems for a particular theatre of war, nonverifiability of many of the provisions of the treaty and that the dismantling provisions required of the Soviets would not affect their strategic capability at all.

If the treaty is amended, it would require a return to the bargaining table, but U.S. SALT negotiators would have limits placed upon them by the Senate, and defense experts have told the Legion that U.S. capabilities during this period of renegotiation would not be harmed.

Charles Maisel, Legion Founder, Dies in Texas

Charles J. Maisel, 80, of Odessa, Tex., a founder of The American Legion, has died at his home.

He was the active secretary of the Society of American Legion Founders at the time of his death.

Maisel also served as department commander of Texas in 1942-43.

TAPS

The Taps Notice mentions, whenever possible, those Legionnaires who have held high National or Department Office in the Legion, US Government, or other forms of national prominence.

Raymond H. Fields, Oklahoma City, Okla. Member of The American Legion Magazine Commission, Department Commander 1938-39, and National Public Relations Director 1945-49, died.

Mills (Sparky) Hess, 90, Blackwell, Okla., disabled since WWI and claimed to have attended every National Convention since the organization was founded, died in a fire.

Wilmer L. O'Flaherty, 88, Richmond, Va. Virginia National Executive Committeeman 1937-39, died.

Chester K. Shore, Helena, Mont. Department Adjutant 1956-67, died.

George E. Sipple, 78, Madison, Wisc. National Vice Commander 1963-64, died.

Samuel Spingarn, Union City, N.J. Department Judge Advocate 1929-33 and Department Commander 1933-34, died.

Donald S. Gillis, New Jersey department adjutant from 1970 to 1978, died in Trenton, N.J.

Val D. Chase, who attended the St. Louis Caucus in May, 1919, died in Alva, Okla.

Joseph F. Austin, Kentucky department vice commander (1977-78), died in Calvert City, Ky.

Milt Phillips, Oklahoma department adjutant from 1929 to 1943, died in Seminole, Okla.

Henry C. Oakey, who served as Wisconsin department commander (1936-37) and as national vice commander (1938-39), died in Osceola, Wis.

J. B. Petitjean, Rayne, La. National Foreign Relations Council Vice Chairman 1973-79, died.

LIFE MEMBERSHIPS

The award of a life membership to a Legionnaire by a Post is a testimonial by those who know best that such a member has served The American Legion well.

Below are listed some of the previously unlisted life membership Post awards that have been reported to the editors.

Lewis D. Herring (1979), Byron W. Thornburg Post 10, Marion, Ind.

Francis Busen (1978), East Moline, Ill., Post 227.

Ralph Wiltse, Ray L. Bryant, Martin Skrovig (1977) and Lawrence J. Kopel, Harold G. Denner (1979), Frank Lewis Glick Post 46, Marshalltown, Iowa.

Vinas R. Hardison (1978), General George Bell Jr. Post 716, Chicago, Ill.

Peter M. Tatum, Herman H. Burmaster (1979), Algiers, La., Post 218.

Emil DeVos, Harry Maserek (1979), Taunton, Mass., Post 604.

Edward Simmons (1979), Canarsie Post 573, Brooklyn, N.Y.

William C. Patterson (1979), Sarasota Bay Post 30, Sarasota, Fla.

Eugene Roberts, Julius Butkowski, Leland P. Fish, Robert P. Boyle, James A. Slayton, James M. Geiger, Emil H. Mossack, Henry J. Hansen, Harry L. Hicks, William P. Kinney and Norman J. Felger (1979), M. J. Brounshidle Post 205, Kenmore, N.Y.

Ed Bodanski (1978), Post 261, Piscataway, N.J.

Laurence Buchanan (1979), Post 264, Tonawanda, N.Y.

Lester V. Carpenter (1979), Post 129, Banning, Calif.

Hersiger Carver (1979), Post 62, Youngtown, Ariz.

William F. Clark (1979), Post 62, Youngtown, Ariz.

Joseph R. Crawford (1979), Post 62, Youngtown, Ariz.

Arthur E. Duchette (1976), Post 150, Mechanic Falls, Maine.

Norman Ellis (1979), Post 126, Jensen Beach, Fla.

George Figueroy (1978), Post 57, Waldwick, N.J.

Raymond C. Fletcher Jr. (1978), Post 261, Piscataway, N.J.

L. Norman Frank (1979), Post 62, Youngtown, Ariz.

John E. Gant (1971), Post 23, Shelbyville, Tenn.

Norman Gilbert (1979), Post 10, Riverside, R.I.

Howard Hazelton (1978), Post 616, Richfield Springs, N.Y.

Jack Hogan (1979), Post 62, Youngtown, Ariz.

Reinhardt J. Jenniges (1978), Post 385, Wanda, Minn.

Leon F. Jones (1978), Post 150, Mechanic Falls, Maine.

Paul Kallman (1979), Post 1011, Brooklyn, N.Y.

Albert Kley Jr., (1979), Post 264, Tonawanda, N.Y.

Legion Baseball Applauded By Major Leaguers

(Continued from page 24)

Atlanta's Bobby Cox played at Selma, Calif., and remembers that everybody "looked forward to getting a chance to play. You really had to be good to get on the team. The competition was great."

Other National League field generals played as follows: Danny Ozark, Philadelphia Phillies, Buffalo, N.Y.; Dick Williams, Montreal Expos, Pasadena, Calif., and, John McNamara, Cincinnati Reds, Sacramento, Calif.

OUTFIT REUNIONS

Reunion will be held in month indicated. For particulars write person whose address is given. Notices accepted on official forms only. For form send stamped, addressed return envelope to O. R. Form, American Legion Magazine, P.O. Box 1055, 700 Pennsylvania St., Indianapolis, IN 46206. Notices should be received at least five months before scheduled reunion. No written letter necessary to get form.

Earliest submission favored when volume of requests is too great to print all.

Army

51st Medical Bn. Association (June). Wayne H. Lebo, 7 Penrose Street, Harrisburg, Pa. 17109.
 512th Military Police Bn. (June). George Mustin, 141, South Mendenhall Road, Memphis, Tenn. 38117.
 7th Infantry Division Asso. (June). Louis S. Wise Jr., 3001 Richmond Ave., Mattoon, Ill.
 Co. C, 533rd Engineer Boat & Shore Regt. (July). John F. Clifton, Box 515, Indianola, Miss. 38751.
 225th R.D. & C.O.E. Combat Engineers (July). Otto Rasch, 1920 Old Hardin Road, Billings, Mont. 59101.
 565th AAA AW Bn, Batteries A, B, C, D, & Hqts. (July). Don P. Patterson, P.O. 553, Clayton, Ga. 30525.
 411th AAA Gun Bn. (July). Edgar K. Gusler, 1110 West Third Street, Marion, Ind. 46952.
 222nd Infantry Regt., 42nd (Rainbow) Division, (July). James V. McNicol, 410 Bentley Street, Newell, W. Va. 26050.
 125th Engineer (O) Bn. (July). Charles W. Stacks, 1480 Golden Hills Road, Golden, Colo. 80401.
 103rd Division (July). Harvey T. Ellsworth 6550 Acker Drive, Laingsburg, Mich. 48848.
 222nd Infantry (July). Rex Luna, P.O. Box 491, Huntsville, Ala. 35804.
 582nd Sig. Aircraft Warning Bn. (July). Russel Polzin, 1455 Wilson, Saginaw, Mich. 48603.
 Co. K, 28th Div., 109th Inf. WWII (July). Robert Muir, 604 Dean St., Scranton, Pa., 18509.
 93rd Evacuation Hosp. (July). Eugene Buckman, 7233 Park Heights Ave., Apt. D, Baltimore, Md., 21208.
 Battery C, AAA Gun Bn. (July). David Beantland, 229 Cedar St., New Bedford, Mass., 02740.
 75th Div. Veterans Assn., Inc. (July). James Warmouth, 6545 W. 11th St., Indianapolis, Ind. 46224.
 23th Transportation Co. (July). Walter Braddy, 1107 W. Woodruff Ave., Toledo, Ohio. 43606.
 507th Parachute Inf. Regt. (July). Dick Sundberg, 1239 Big Horn Ave., Alliance, Nev. 69301.
 12th Armd. Div. Assn. (July). George G. Moss, 1017 Washington St., Springfield, Ill. 62702.
 805th Eng. & Aviation Bn. (July). Harry E. Keaton, Rt. 4, Box 1, Newton, W. Va. 25266.
 338th Eng. GS Regt. (July). Harold Lang, 516 Dale Ave., Louisville, Ky., 40214.
 106th Inf. Div. Assn. (July). Russell Villwock, 6908 W. Higgins, Chicago, Ill., 60656.
 94th Inf. Div. Assn., Inc. (July). Ross L. Jordan, 1415 Orion Rd., Batavia, Ill. 60510.
 352nd Ord. Maintenance Co. (July). Ewing L. McKelvey, 9889 W. 32nd Ave., Wheatridge, Colo. 80033.
 99th Inf. Assn. (July). Raymond Parrish, 4100 Fordham Rd., Richmond, Va. 23235.
 F. Troop, 124th Cav. WWII (July). Hugh B. Warren, Star Rt., Box 56, Mineral Wells, Tex., 76067.
 338th QM Depot Co. (July). William Pellum, 605 N. Willis Ave., Champaign, Ill., 61820.
 30th Inf. Div. Assn. (July). Saul Solow, 42 Parkway Dr., Syosset, N.Y. 11791.
 22nd QM Co (July). Bill Crego, 178 Anderson Ave., Syracuse, N.Y. 13205.
 62nd Armd. Field Art. Bn. (July). John R. Howerton, 9988 Live Oak St., Fontana, Calif., 92735.
 911th Field Art. Bn. (July). Fred J. Gero, 653 W. County Line Rd., Hatboro, Pa., 19040.
 23rd Gen. Hosp. (July). Daniel Richter, 701 W. 3rd St., Rugby, N. Dak., 58368.
 30th Inf. Div. Assn. (July). Dan Heffernan, 1228 N. Menard, Chicago, Ill., 60651.
 Co. A, 112th Inf., 28th Div. (July). Frank DeLury, Rt. 2, Corry, Pa., 16407.
 25th Inf. Div. Assn. (July). Henry Nachtshain, 7350 Circle Dr., Rorert Park, Calif., 94928.

741st Tank Bn. (July). John Gregorczyk, 14200 Racho Rd., Taylor, Mich., 48180.

361st Inf. Assn. WWII (July). R. F. Flanders, 2424 N. Jackson St., Waukegan, Ill., 60085.

755th Tank Bn. (July). Deimer Tidwell, 13501 Woodforest St., Apt. 33, Houston, Tex. 77015.
 G Co., 20th Inf., 6th Div. (July). Paul Beckemeyer, 707 W. Main St., Robinson, Ill., 62454.

103rd Barrage Balloon Btry. (July). William J. Jaworski, S. 5643 Birchwood Dr., Lakeview, N.Y. 14085.

818, 819, 820th MP Co. (July). Howard Rembold, 512 Kenmore Ave., Bel Air, Md., 21014.
 Co. A, 1397th Eng. (July). Ted F. Larsen, 17034 5th Ave. NE., Seattle, Wash., 98155.

409th Inf., Co. D, 103rd Div. (July). Douglas Mennill, 2700 N. Halifax St., Daytona Beach, Fla., 32018.

202nd AAA Bn. WWII (July). Les Izard, 8912 W. 97th Ter., Overland Park, Kans. 66212.

207th Eng. Combat Bn. (July). Eugene Clovis, Rt. 1, Triadelphia, W. Va., 26059.

638th TD Bn. (July). George J. Elzer, 703 W. Main St., Bonville, Ind., 47601.

337th Inf. Rgt., 328th Field Arty., & 310th Eng., Co. A (July). William C. Mitchell, 2332 21st St. SW, Akron, Ohio, 44314.

203rd Gen. Hosp. (July). Vince Williams, 4586 58th Ave., Apt. 286, Brooklyn Center, Minn., 55429.

213th CAAA (July). William Faben, 405 N. 6th St., Lebanon, Pa. 17042.

2nd Inf. Div. (July). Woodrow W. Mitchell, 607 S. Main St., Greeneville, Tenn., 37743.

346th Eng Regt. (July). Donald Mogen, 323 N. Jackson St., Aberdeen, S. Dak., 57401.

Co. C, 20th Inf. (July). Lenard Ziglar, 4642 S. Walcott St., Indianapolis, Ind. 46227.

25th Inf. Div. Assn. (July). Hank Nachtsheim, 7350 Circle Dr., Rorert Park, Calif., 94928.

871st Ord. & former 54th WWII (July). Henry Schmidt, Old Mt. Road, Gordon, Pa., 17936.

94th Inf. Div. Assn., Inc. (July). Ross L. Jordan, 1415 Orion Rd., Batavia, Ill., 60510.

2nd Armd. Div. Assn. (July). Ernest J. Mable, Rt. 1, Box 41, Gray, La., 70359.

224th AA Searchlight Bn. (July). Andy Hutchinson, 589 Hamblin Ln., Cincinnati, Ohio, 45230.

1620 MP Div. (July). Rich Goronza, 2028 S. 81st St., Sheboygan, Wis., 53081.

Co. B, 55th Armd. Inf. Bn., & 11th Armd. Div. (July). Gene Foster, 1401 17th Ave., Eldora, Iowa, 50627.

9th Inf. Div. Assn. WWII (July). Daniel Quinn, 412 Gregory Ave., Weehawken, N.J. 07087.

238th Eng. Combat Bn. Assn. (July). Jesse E. Wolff, 88 Harding Ave., Box 5, Parlin, N.J. 08859.

H&S Co. & Line Companies, A, B, C & D of the 1906th Aviation Eng. Bn. (July). Arthur C. Burgdorf, 207 Wall St., Michigan City, Ind., 46360.

14th Armd. Div. (July). Walter Skowron, 3601 Tilden Ave., Los Angeles, Calif., 90034.

63rd Inf. Div. (July). Vincent R. Lee, 5185 Solidor Ct., Dayton, Ohio, 45406.

4th Armd. Div. (July). Sam Schenker, 2440 Victoria Dr., Sharon, Pa., 16146.

33rd Inf. Regt., Korean War. (July). Carl R. Kleinpeter, Rt. 1, Box 585, St. Amant, La., 70774.

287th Port Co., 508th Port Bn. (July). Gerald Ziegler, 3897 Larwe Prospect Rd. S., Prospect, Ohio, 43342.

215th Cav. AA (July). Marvin L. Severns, 704 W. 3rd St., Mankato, Minn., 56001.

503rd Parachute RCT Assn. WWII (July). Leroy F. Tolson, Rt. 5, Box 99, Conway, S.C., 29526.

332nd Eng. Aviation Bn. (July). Albert Buffone, 11 Rider Ave., Yonkers, N.Y., 10710.

852nd Aviation Eng. (July). Isabella DuMitr, 2200 N. Federal Highway, Room 209, Boca Raton, Fla., 33432.

36th Eng. Gp., WWII (July). Irving Cherney, 33 Stonehenge Cir., Baltimore, Md., 21208.

Co. B, 66th Signal Bn. (July). Francis H. Cox, 1109 Sunset Dr., Blue Springs, Mo., 64015.

203rd Gen. Hosp. Gp. (July). Vincent E. Williams, 4586 58th Ave. N., Brooklyn Center, Minn., 55429.

50th Eng., Co. A (July). Gaylord Tapp, Rt. 2, Box 29, Brownsdale, Minn., 55918.

Navy
 U.S. Navy Hurricane Hunters (June). Cdr. A. F. Marsh, Box 7, NAS, Jacksonville, Fla. 32212.
 Unic. C. Samson Training Center (June). Winfred Ely, 512 North 14th Street, Adel, Iowa 50003.
 Repair Unit 134 (July). Bernard Lease, 513 West North Street, Dodgeville, Wis. 53533.

COMRADES IN DISTRESS

Readers who can help these veterans are urged to do so. Usually a statement is needed in support of a VA claim.

Notices are run only at the request of American Legion Service Officers representing claimants, using Search for Witness Forms available only from State Legion Service Officers. Please contact CID #____, The American Legion Magazine, P.O. Box 1055, 700 Pennsylvania St., Indianapolis, Ind. 46206.

USS Moremacaport. Samuel C. Barone needs witnesses to verify that he experienced a loss of hearing in 1943 while aboard ship. CID 565.

USS Egeria. Eugene L. Jones needs witnesses to verify that he was injured in 1945 when a 40-mm shell exploded in the bow of the ship while en route from Guam to Pearl Harbor for repair. CID 566.

Daper Island, South Pacific. Walter M. Monsour needs verification that he cut his foot and suffered from coral poisoning in 1943. CID 567.

Marine Platoon 407. Richard A. Zamora needs witnesses to verify that he was struck on the head by a rifle butt in 1951 while stationed at San Diego, Calif. CID 568.

1330th Air Force Base. Eugene H. Rascl needs witnesses to verify that he hurt his back while on duty at the motor pool in 1945 at Jorhat, India. CID 569.

1st Battle Group, 87th Infantry Motor Bn. Billy Ray McManus needs witnesses to his being knocked down and beaten by a NCO while his squad was on field maneuvers Sept. 15, 1958, at Fort Benning, Ga. CID 570.

Co. I, 157th Infantry. Joseph R. Starcer needs witnesses to a back injury he sustained while on a training hike in June, 1941, at Camp Barkley, Tex. CID 571.

604 Amphibian Truck Co. John A. Taylor needs witnesses to an explosion aboard a LST on way to Greenland in June, 1952, during which he injured his back and received 2nd degree burns on arms, face and back. CID 572.

USS Indiana BB 58 (July). Adam S. Sosnowski, 7412 Henry Ave., Philadelphia, Pa., 19128.

USS Enterprise CV 6 (July). Ed Doss, 1606 28th St. SE, Auburn, Wash., 98002.

USS Henley DD 391 (July). Roy E. Anglen, Box 3, Hume, Ill., 61932.

Aviation Boatswain Mates Assn. (July). Willie Gann, 1350 15th St., Imperial Beach, Calif., 92032.

31st Special Seabees (July). Raymond C. Jenson, 508 Baker Dr., Cedar Falls, Iowa, 50613.

USS Wasp CV 7 (July). Andrew Stevenson, 1117 Sherry Ave., Virginia Beach, Va., 23462.

USS Harris APA 2 (July). Lewis Napolitana, 3709 C St., Bremerton, Wash., 98310.

USS Plunkett DD 481 (July). Robert Cavany, Rt. 1, Amberly Drive Hull, Ga., 30646.

USS Harding DD 625 (July). G. Taylor Watson, Box 13A, McDaniel, Md., 21647.

USS Maryland BB 46 (July). Bill Chick Jr., 5709 N. Holly, Kansas City, Mo., 64118.

USS Melville AD 2 (July). James H. West, 4 Melbourne Ln., Greenville, S.C., 29615.

USS Benner DD 807 (July). Gerard Montembeault, 174 Jobin Dr., Manchester, N.H., 03103.

USS Million Bay CVE 59 (July). Herbert H. Freise, Box 946, Walla Walla, Wash., 99362.

USS Vesta (July). Nick Carter, 114 Ray Ave., Old Hickory, Tenn., 37138.

USS Calvert APA 32 (July). John L. Cole, 504 Centennial Dr., Kenyon, Minn., 55946.

LST 177 (July). Vincent Mongiello, 201 W. Venango St., Mercer, Pa., 16137.

CBMU 520 (July). Mae Kirk, Box 432, Moose Lake, Minn., 55767.

USS Washington (July). John A. Brown, Box 13047, Columbus, Ohio, 43213.

USS Ashtabula A 051 (August). David R. Todd, 7244 Hillside Ave., Apt. 101, Hollywood, Calif., 90046.

USS Fanshaw Bay CVE 70 (August). Elden McClinton, RR 1, Basco, Ill., 62313.

21st Naval Const. Bn. (August). Dale Nease, 24 Highland Dr., Chickasha, Okla., 73018.

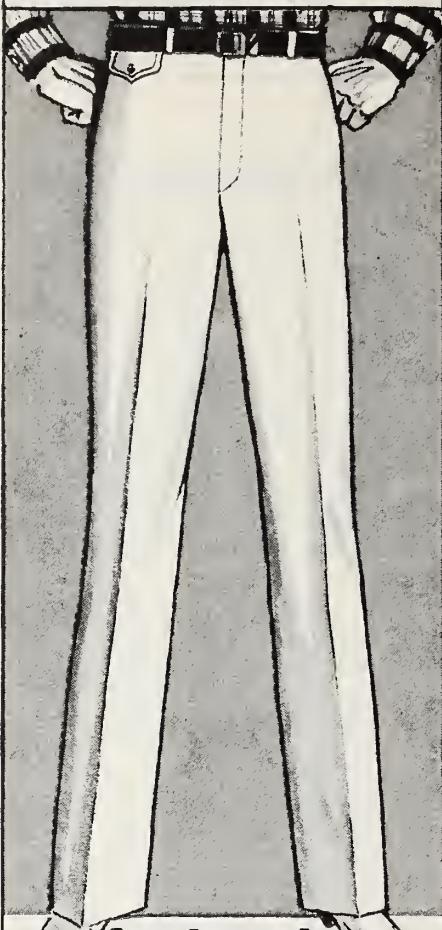
USS Baltimore CA 68 (August). Raymond Smith, 4822 Redwood Dr., Norridge, Ill., 60656.

USS Vincennes CA 44 (August). James Kelly, 15 Maple St., Franklin, Ohio, 45005.

96th Naval Const. Bn., plus Units 589, 590, 613, 1048, and 3050 (August). Gus K. Solaiscki, 139 Ravenhead, Houston, Tex., 77034.

(Continued on page 41)

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A Streak of Luck: The Life and Legend of Thomas Alva Edison, by Robert Conot. SEAVIEW BOOKS (SIMON & SCHUSTER, DIST.), \$15. This biography of the man who invented the phonograph, perfected the light-bulb, telephone, automatic telegraph and had over 1,000 patents granted to him, shows Edison as he really was, exposing both the good and bad sides of his complex personality.

School Can Wait, by Raymond S. Moore. BRIGHAM YOUNG UNIV. PRESS, \$12.95. The best age for children to begin attending school is analyzed by a developmental psychologist who supports the controversial but not entirely unilateral view that youngsters should remain at home until they are at least eight.

Blood & Guts, Violence in Sports, by Don Atyeo. GROSSETT & DUNLAP, \$12.95. A controversial look at today's athletic arenas, where sportsmania too often turns competitive sporting events into spectacles of violent mayhem.

Photography and the Old West, by Karen and William Current. ABRAMS PUB., \$19.95. A view of America's westward expansion as seen and photographed by those photographers who went west with the nation's early developers and painstakingly recorded the history of the period with their cameras.

Deciding What's News: A Study of CBS Evening News, NBC Nightly News, Newsweek and Time, by Herbert J. Gans. PANTHEON BOOKS, \$12.95. An informative look into what and who make the news for both the electronic and print mediums, and why—with some guidelines that point the way to how a better job of reporting could be accomplished.

Years Plowed Under, by Leo F. Vogel. UNIV. PRESS OF SPOKANE, WASH., \$5.95, paper. A very personal recollection of one man's life and experiences since he began farming in Washington State's Columbia Basin Project in 1958.

The Day America Crashed, by Tom Shachtman. PUTNAM PUB., \$10.95. An in-depth and engrossing look at the great financial crash of October 24, 1929, that was to be the major influence on U.S. economic life up to the outbreak of WW II; and which still continues to affect economic thought in our country.

The Right Stuff, by Tom Wolfe. FARRAR STRAUS AND GIROUX, PUB., \$10. The astronauts, the heroic figures of the mid-20th century, were also flesh and blood human beings. This effort to explore what went on in their minds before, during and after their space flights clearly points out that fact.

The Greatest Summer: The Remarkable Story of Jim Bouton's Return to Major League Baseball, by Terry Pluto. PRENTICE-HALL, PUB., \$8.95. Baseball fans in particular will enjoy this comeback story of Jim Bouton, but others will be intrigued by the decision of a player who gave up baseball for a media career, that the game meant more to him than his success away from it.

Our Endless War: Inside Vietnam, by Tran Van Don. PRESIDIO PRESS, \$12.95. The Vietnam War years—those of America's participation in the conflict as well as the years prior to our entry, some 36 in all—are described here from the point of view of the Vietnamese themselves. The story is told by a former Vice Premier and Defense Minister of that country.

Empire, The Life, Legend and Madness of Howard Hughes, by Donald L. Bartlett and James B. Steele. NORTON, PUB., \$15. A penetrating look at the enigma of Howard Hughes, brilliant and heroic on the one hand, but also a victim of neuroses and personality problems that resulted in his tragic later years and the complex circumstances of his death.

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Big Issues

"Should the Constitution Be Amended To Require A Balanced Budget?"



Rep. Bill Archer
(R-Tex.)

81 percent of our people (according to a Gallup poll last summer) favor a constitutional amendment requiring a balanced federal budget—a clear indication that they no longer trust the Congress to impose fiscal self-restraint.

Yes, a Constitutional amendment is an extraordinary step to take—and certainly a degree of flexibility must be built into it to permit the Congress to respond to extraordinary circumstances—but it is the only way the Congress will ever put an end to the inflationary open-ended credit card approach to spending that exists today.

Inflation is running at a rate of 10 percent with no lasting relief in sight—and the same "borrow and spend now" psychology which exists among the pro-deficit spenders in Congress has filtered throughout our society in such a way that inflation continues to fuel itself.

Someone has to say "stop!" The American people already have, by calling for a balanced budget amendment—but Congress and the Carter Administration have failed to respond with leadership at the federal level. We are in a sad state indeed when a President can get away with calling an inflationary deficit of over \$29 billion "lean and austere."

The federal government has to pay its bills—and it has to get the funds to do so either by increasing the money supply or by borrowing money from the same ultimate sources that individual consumers and businesses must turn to. In that case, the government gets what it wants first—and we common folk get stuck with what is left, and at high interest rates.

We have no choice but to get spending under control by Constitutional mandate. Without such a requirement, we will not have the kind of "club" we need to hold over the head of Congress which will force its members to take a careful look at all federal spending. Some programs would have to be finally rewritten to eliminate the massive waste that now exists. New programs would have to be judged according to proven need—in line with priorities set by the taxpayers who are paying the bills.

To cast aside this opportunity to impose fiscal restraint on a proven irresponsible Congress before the alternatives are even thoroughly examined would be a grave disservice to every man, woman and child in this country.

Yes. Since 1961, the federal budget has been balanced only once—and following the winding down of the Vietnam War machine the growth of astronomical deficits has been accompanied by intolerable levels of inflation.

Understandably, the American people are laying a major share of the blame on the federal government. Federal spending is totally out of control. Not surprisingly,



Sen. Edmund S.
Muskie (D-Maine)

This Congress has heard the voters. We are determined to balance the federal books. So why oppose a mandatory balance?

First, we've had only one Constitutional Convention. It was called in 1787 to revise the Articles of Confederation. But the delegates scrapped the system and built a new one. And the Constitution *they* wrote imposes no limits on what a new convention might do. Would it require a balanced budget? Perhaps. Or perhaps it would ban guns or gun control. Perhaps it would make abortion a crime and perhaps it would make abortion a right. There is no telling what might emerge. Why take the chance? The Constitution we have has served us well.

Second, a bad federal budget can unbalance the economy, but a bad economy can also unbalance the budget. No amendment could deal with that.

Every time unemployment goes up by just one percentage point, it costs the treasury some \$20 billion in lost taxes and increased income support costs—without a single spending spree.

Third, when times are hard, liberal and conservative economists agree that a federal deficit is the only way to keep a downturn from becoming a depression. A federal spending increase or tax cut can produce jobs, profits, and investment when private industry can't. A requirement for a federal balance might force us to apply exactly the wrong medicine to our economy.

Fourth, if we were to try to cut spending deeply enough to balance next year's budget, we would need not \$29 billion in savings, although that is the projected size of the deficit. Because the budget and the economy are so directly linked, we would need a \$45 billion cut. No program would be immune from such a deep cut, whether it is revenue sharing, aid to education, the clean water program, defense spending or veterans benefits. Most expensive portions of the budget are most necessary, like defense, or the most popular, like education.

Fifth, from 1920 to 1974, the federal government was in deficit 37 times in 54 years. That was flatly unacceptable. So the new Congressional budget process was launched. For the first time, Congress set up a committee for the sole purpose of making a fiscal plan and holding the Congress to it. We've made progress. In 1975, the deficit was 3% of America's gross national product. In 1980, it is expected to be 1.2%.

That's not good enough. We must do better. But we don't need fiscal handcuffs to get the job done.

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Dateline Washington

Soviet Agents Infiltrate United Nations

Russian undercover spies are blatantly infiltrating the key posts of the United Nations secretariat, in direct violation of the UN Charter, but neither the U.S. nor the other democratic countries of the world seem to care, warns Sen. Daniel P. Moynihan (D-N.Y.).

Although the U.S. foots one quarter of the costs of running the UN, the Iron Curtain countries, backed by the so-called "third world" nations, have taken over control not only of UN administration but policy as well, according to Moynihan, former U.S. Representative to the UN.

The Senator points out that last winter two Soviet agents, both working in the UN Secretariat, were convicted of espionage by a U.S. court. Worse still, he charges, a member of the Soviet KGB has been put in charge of UN personnel activities at Geneva, despite his being identified by a Russian defector.

Senator Moynihan thinks—and so he recently told the Senate—it's high time the U.S. and its democratic allies start taking steps to halt the perversion of the UN by the Russians and their supporters, that is, if they take the UN seriously at all.

Equal Rights for the Handicapped

It is unfair, and illegal, for an American employer to discriminate against an individual seeking a job on account of race, color, religion, sex, or national origin; but it is not illegal for the same employer to turn down a handicapped person for the job.

A move to eliminate irrational job discrimination against the disabled has been initiated in the current session of Congress through amendment of the Civil Rights Act.

Sponsors of the legislation claim that jobless rates among the handicapped able to work—about 7 million Americans—are much higher than for non-disabled workers, sometimes twice as high.

Meanwhile, the Department of Transportation has proposed new rules which would require all public transportation systems in the nation to provide means of accessibility for the handicapped, including those whose mobility depends on wheelchairs. Opposition has been voiced by rapid transit systems which would have to make costly changes to deal with the wheelchairs.

Compulsive Gambling: National Problem

In Congress, where legislators have spent much time and money in efforts to curb drug addiction and alcoholism, there's increasing interest in taking action against another national problem: compulsive gambling.

The problem is reaching epidemic proportions, in the opinion of Sen. Harrison A. Williams (D-N.J.) and as in the case of alcoholics and narcotics users, destruction appears to be the unconscious goal of the victim.

It is estimated that there are between 1 and 10 million compulsive gamblers in the U.S., with the number growing not only because of the spread of illicit gaming, but also because of the expansion of legal gambling as states seek new ways to increase their revenues.

While there are many facilities now in operation to help the drinker and addicts, there's little help available for the gambler who can't stop. The Senator wants Congress to create a national commission to come up with ways to deal with the problem.

PEOPLE & QUOTES

Viet Vets Week. "For years, Vietnam era veterans were portrayed on television or in movies as disturbed, social outcasts—a wrong and unfair stereotype. These young men fought bravely in an unpopular war and the overwhelming majority of them came home to lead productive lives." Veterans Administrator **Max Cleland**.

Oil For U.S. I.—"The United States is prepared to defend its vital interests with whatever means are appropriate, including military force where necessary, whether that's in the Middle East or elsewhere." Defense Secretary **Harold Brown**.

Oil For U.S. II.—"The United States has vital interests in the Persian Gulf. The United States must move in such a way that it protects those interests, even if that involves the use of military strength or of military presence." Energy Secretary **James Schlesinger**.

Soviet Arms Best.—"The Soviet Union has the most sophisticated equipment ever fielded by any army," Gen. **Bernard Rogers**, Army Chief of Staff.

Winners Wanted.—"The nations of this world admire winners, not losers—not even 'nice' losers." Commentator **Irving Kristol**.

Behind Closed Doors.—"Things go on behind the closed doors of an agency all the time . . . You can't conduct all the business of government in front of a microphone . . ." Presidential Advisor **Alfred E. Kahn**.

Who's Rattling Now?—"The armed forces of the U.S.S.R. are on a high level, . . . It would do well for all those who are eager to play with fire and engage in saber-rattling to remember this, wherever they may be—in the West or in the East." Soviet Defense Minister **Ustinov**.

What's Right.—" . . . I don't think it is right for us to force our prescriptions on other people." Chairman **David Rockefeller** of Chase Manhattan Bank.

Arms Still Count.—" . . . It is repeated in the West that military force does not always translate itself into political influence—which is true. . . . it would be wrong to ignore the fact that in the coming years arms will weigh heavily on the balance of destiny." French commentator **Raymond Aron**.

Free For Whom?—"Everyone seems to argue for free markets and free enterprise for everyone else." Industrialist **Sidney Harman**.

Science A Sport.—"Science and technology, like so much of free enterprise, is a risky and sporting business." President **Bill Baker** of Bell Laboratories.

The Real Thing.—"We fight so long and hard for the outward forms of democracy, that we hardly have time and energy left for democratic content." President **Walter Scheel** of West Germany.

Seldom Brief.—"Speakers who say they will be brief seldom are." President **W. E. Phillips** of Ogilvy & Mather Inc.

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HOW TO FIGHT FATIGUE

(Continued from page 15)

Standing tall but easy, swing one leg smartly forward from the hip. Don't drag it barely above the ground as most people do. As you walk, point your toes straight ahead and let them grip the ground slightly. Avoid toeing out, which makes you sway, or toeing in, which could make you stumble. Don't shamble or jerk as you walk.

Create an energy budget. Put out more effort for the things that are essential, less for those that are not. But also make sure to include a few breathers.

Finally, try the cold shower treatment when you get home. Studies at the University of California have shown that cold water has an almost miraculous effect on tired muscles.

But if your weariness is neither organic nor physical, welcome to the third group, biggest of all by far. These are the victims of *psychological or emotion-caused tiredness*. Doctors report that fully 80 percent of all cases of chronic fatigue are rooted in mental or emotional stress.

That's a whopping number of pooped Americans and calls for an explanation of what it's all about.

Most of us don't associate the workings of the mind and the emotions with physical energy, yet there is an intimate connection. Tensions, anxieties, frustrations and all the other ills that upset the average human being can siphon off your energy resources just as though a high-powered vacuum cleaner was at work.

Physiologically, here's what happens: Like a car, your own power plant takes in fuel and converts it into energy. In your case, the fuel is sugar and oxygen. When it's burned, it produces carbon dioxide and water which, in turn, releases energy in the form of calories of heat. When you tense up inside, the amount of sugar, or glucose, that can be absorbed in the bloodstream is sharply reduced. The less fuel the body receives, the less energy it can deliver. Simple as that.

Surprisingly enough, of all the energy robbers, one of the prime culprits is just plain boredom. Psychological tests have shown that acute tedium, whether on or off the job, usually brings on severe emotional tensions which, in turn, drain off nervous energy and cause exhaustion.

POWs know this well. Doctors report that prisoners who had been confined for years in Vietnam, with little or nothing to do suffered from acute fatigue. Long-haul truck drivers, facing the monotony of the open road all day long, often complain of excess tiredness.

Of course, nobody can expect to lead a life of constant interest and excitement, so a measure of ennui is everybody's lot. But some have more than others, and suffer from the weariness that is the inevitable accompaniment.

The complexity of modern life, instead of making our days more varied and interesting, has had the opposite effect, according to the noted psychiatrist, Dr. Erich Fromm. Manual jobs have become routinized and repetitive, especially on assembly lines.

Nor are things any better in white-collar work either. Much of it, delegated to the individual by bosses in the executive suite, is just as routine—and dull. There is little opportunity to use the imagination, to be innovating, inventive and responsible. When done day after day, year after year, the result can be, often is, stupefying boredom, followed by exhaustion.

A fascinating, and revealing, aspect of boredom is that it can creep into your life without your being aware it's happening to you. Take it from Dr. Fromm, who has discovered

that countless people suffer from what he calls "unconscious boredom."

He means they become jaded by the sameness of the things they do. For example, Monday night poker, Wednesday night bowling, the obligatory Sunday afternoon visits—all of these and other activities that are rigidly scheduled can cause you to lose interest. Done repetitively and constantly, the excitement they once generated has waned. Result: a monotonous lifestyle which ultimately produces fatigue.

TV viewing can be another cause of the kind of "leisure boredom" Dr. Fromm is talking about. You may think that sitting comfortably before the set is tension-easing relaxation but, doctors point out, the opposite may be true. Some TV-watching can indeed help you unwind—but staring endlessly at the set hour after hour and night after night can produce unconscious tedium, which in turn brings on you-know-what.

Worry is another major energy thief, and there's plenty of reason for it these days, what with inflation, job insecurity and the host of other woes of day-to-day living. Marriage problems, troubles with the kids, anger at the boss, etc. All these and other worries cause mental and emotional stress which reveals itself in chronic weariness.

Must you keep on dragging your weary carcass through the days, los-



"And to think I once couldn't live without him."

THE AMERICAN LEGION MAGAZINE

and director of education and training at Long Island Jewish-Hillside Medical Center.

If all else fails and the job continues to be a boring, stifling, wearying grind, pack it in and change. Specialists point out that you can not only switch jobs but entire careers. Career changing is tougher. Pick your strong point, then prepare for it. Courses in hundreds of occupational areas are now being taught in public schools and colleges.

2. Check your working conditions for hidden fatigue-producers.

Studies have shown that it's more tiring to work in noisy surroundings than a quieter atmosphere. Tone down the decibels by closing a door, if possible. Wear ear protectors if you work in a place where the noise is loud and continual. Rubber ear plugs are cheaper and will also work.

Poor ventilation, excess humidity and oppressive heat or cold are exhausting, says the A.M.A. committee on exercise and physical fitness. The higher the temperature in the workplace, the more energy you use up. At 90 degrees, you expend 50 percent more than at 70.

Working in glaring or insufficient light tires you faster. Make sure light does not shine in your eyes or bounce at you from metal or glass surfaces.

If you're doing repetitive work, try it to music.

Check your chair. You'll tire

quicker in an uncomfortable one than a chair which supports your back and is the right height for you.

3. Work off your tensions with exercise.

Researchers who have studied chronic fatigue have found that most victims head for the bed or couch for extra rest and sleep. Wrong, wrong, wrong. It can only make you feel worse than ever. Dr. Tyson is just one of many doctors who say that vigorous activity, which frees the pent-up pressures responsible for the tiredness in the first place, can do wonders.

She tells about the 38-year-old businessman who could barely make it to her office for diagnosis. Good at his work, his old bounce had given out like a worn-out tennis ball. Dr. Tyson's prescription: Instead of a long lunch, enjoy a noon-time swim in a "Y" near his office, then a sandwich. Three months later, he reported back, his weariness ended.

Exercise works for older victims too. In California, Dr. Herbert A. DeVries of the University of California conducted a fitness program for persons over 50. After several months of a graduated exercise regimen, Dr. DeVries and his associates asked the participants what, in their opinion, were the most important results they had obtained. "The most commonly heard answer," Dr. DeVries reported, was "more energy, less fatigue."

Exercise needn't cost any more than the price of a bike. Use it daily or just walk briskly. Actor Steve Reeves, who played the role of Hercules and looks it, says his "power walk" helps keep him fit: It's taking rapid strides, arms swinging, and at the same time inhaling deeply through the nose and exhaling through the mouth.

You can sneak in exercise all day long. Try walking to the station and back if you're a suburbanite. City dwellers can get off a bus or train a mile or so from their destinations and walk the rest of the way. At lunchtime, pick a restaurant a distance from your job to get in some extra legwork. Skip the escalators and walk up the stairs. You can even get in jogging in a city by walking briskly, running across an intersection and continuing the run halfway down the next block. Since everyone in a city hurries anyway, who'll pay any attention?

Take it from Dr. Miller of the University of Pennsylvania Medical School: Unless you utilize the "horsepower" of which the human body is capable, it's going to be channeled into the buildup of tensions.

4. Vary your personal lifestyle.

If your life is scheduled like a railroad timetable, make a determined effort to burst out of the routine. A vacation need not be taken in the same place every year. Nor must you do the same things in the same place on the same evenings.

The fellow who first said variety is the spice of life could have added . . . "and an enemy of fatigue."

A word, finally, about drugs. Strong coffee may be okay for an occasional lift when circumstances have robbed you of enough rest, but reliance on it all the time is a no-no. Add a third "no" for stimulant drugs. They may get you by temporarily but are self-defeating in the end. Taking pep-up medications, doctors tell you, is like whipping a dead-tired horse. He'll put out some more effort but collapse in the end.

The bottom line is that you don't have to be bushed all or most of the time, or even at all. Following some simple rules can help you work better, feel better and get more fun out of life. ■



"I'm just getting into women's lib and Mildred is talking about retiring."

THE AMERICAN LEGION MAGAZINE

Letters

(Continued from page 6)

• One of the best aspects of my husband having joined The American Legion over a year ago has been reading your excellent magazine. The article on "Water—Is There Enough?" (December) was outstanding, especially that part describing the body's need for water. Now I move on to the February issue and the excellent cover showing Abraham Lincoln in golden sunshine, whereas he's usually portrayed in black-and-white, or in shadow. An excellent work of art!

MRS. ROBERT OSBORNE
Midland, Mich.

• I thoroughly appreciated two articles in the March issue, "Our Declining Investment in Defense," and "The Quiet Invasion." What impressed me was that approximately \$117 billion is spent on defense and about \$16 billion is spent on illegal aliens. The question that occurs to me is: From which group do I get my money's worth? Keep up the good reporting of controversial subjects.

JOHN COLEMAN
Timonium, Md.

• I think the "new" magazine is splendid. However, I feel that your "Big Issues" feature should provide the Yes/No coupon that can be clipped and mailed to congressmen or senators.

E. H. PULLMAN, JR.
Bishopville, Md.

• Recently I was refused medical treatment by the VA for a World War II disability. The reason given for this claim refusal was that my records had been destroyed by fire in St. Louis in 1973. Is there any avenue open to veterans who find themselves in similar situations? Where and how can our claims be authenticated so we may gain what we feel is rightfully ours?

RICHARD C. TUKEY
Jefferson, Maine

"Comrades in Distress" section in this magazine serves veterans who wish to contact others in their military units who can assist in gathering documentation to support legitimate claims. This service has aided untold numbers of veterans. Your local post can direct you in forwarding pertinent information to this section. ■

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Why I Joined the Legion

(Continued from page 12)

tertaining and solemn. I began to take notice of individual members. They were and are nice guys—the kind of guys I wanted to be associated with. Finally, I decided to visit the local post and I found all these things plus the fact that no veteran who served in the required time frame was ever refused membership, as far as I know, regardless of color, sex or anything. I joined and I'm active. I'm not "Gung-ho," I'm just a little prouder to be an American.

THEODORE A. MARONI
Post 183
Shirley, Mass.

In 1964, I was one of three people who established what is now the Langley Chapter of the Air Force Association. One day I approached my neighbor, demanded seven dollars, and as I pocketed the money I told him he was now a member of the AFA.

As I turned to go he stopped me and said, "Give me twelve dollars." Puzzled, I handed back the seven, adding five to it. As he tucked the bills in his wallet he told me, "You have now joined The American Legion."

My 1979 membership card reminds me that I have been a member for 16 years and that a salesman I'm not.

JOHN H. O'BRIEN
Carthage, N.C.

I am a WWII veteran and like many GI's I have seen men die in battle. Some were close friends of mine and why my life was spared I never knew. I am no hero, just a regular GI, but I had sense enough to realize that the Lord saved my life for a reason. I am now an ordained minister and I joined the Legion not because of the benefits we receive, but because I often think of my comrades who did not come back. Now I visit many comrades in hospitals and nursing homes and in doing so serve my Legion Post 395, Plano, Ill.

REV. BURDETTE J. HEUN
Oswego, Ill.

On Sept. 1, 1954 I was in a USAF plane crash which left me a paraplegic, paralyzed from the waist down. I spent the next three years in Crile VA Hospital in Cleveland, Ohio. During that time I came to

know many Legionnaires and members of the Auxiliary who constantly visited the patients at Crile. Throughout the year they gave bingo parties, plays, card parties, etc. The patients and the Legionnaires came to know each other as friends, on a name-to-name level. Holidays, such as Christmas, Thanksgiving and New Year's are miserable when you are miles from home and alone in a sick-bed. But here came the Legionnaires, men and women, giving their time and money to provide a part of the family feeling over the holidays.

I wanted to be a part of an organization that had such great people as members. I joined. I remain.

DAVE FULLER
Flushing, Mich.

I joined so that two members who had belonged to the Legion for 32 years could attend their first meeting. Two of my friends, one a WAC and the other a nurse, both joined The American Legion at the end of WWII and had continued their membership for 32 years, but couldn't get up their courage to attend a meeting.

The first meeting we attended, the commander was so shook he asked the adjutant what the Auxiliary was doing there.

After attending a few meetings, we are now helping with their fund-raising and sharing the fellowship of the meetings.

LOIS DEMOND
Post 64
Chandler, Okla.

In 1974 I worked for Magne Copper Mines, San Manuel, Ariz., where Post 48 is located. On May 2nd our 19-year-old son was murdered. Though we were not members of the Legion, the financial help we received was needed and greatly appreciated. The psychological support of these fine people saw us through four years of continued reliving our loss, and our hearts and prayers will always be with them. Yes, we joined Post 48, and although we now live in Waco, Tex., we still pay dues to Post 48. How does one say thank you for so much?

WARREN O. McLAUGHLIN
VIOLET L. McLAUGHLIN
Waco, Tex.

OUTFIT REUNIONS

(Continued from page 29)

Destroyer-Escort Sailor's Assn. (August). Reunion Coordinator, Box 68, Oviedo, Fla., 32765. USS Trenton CL 11 (August). Carl Semones, 3974 Warren Ave., Fairfax, Ohio, 45227. 25th Special USNCB WWII (August). John D. Owen, 2110 W. 40th St., Lorain, Ohio, 44053. US Submarine Veterans of WWII (August). Earl F. Hinman, Box 314, Cornwall, N.Y., 12518. USS Chandelier AV 10 (August). Kenneth E. Boyd, Rt. 4, Box 145, Culpeper, Va., 22701. USS Vestal AR 4 (August). Nick Carter, 114 Ray Ave., Old Hickory, Tenn., 37138. USS Kidd Assn. (August). Harrold F. Monning, 310 E 8th St., Kewanee, Ill., 61443.

Air Force

100th Bomb Group, 8th Air Force (June). Don Merten, 413 Fenwick, San Antonio, Tex. 78239. 46th Air Depot Gp. (July). Ken Armstrong, Box 173, Boddy, Ill., 62514. 47th Bomb Gp. (July). George C. McElhoe, 6694 Nelson St., Arvada, Colo., 80004. 89th & 305th Depot Repair Sq. (July). Howard J. McDonald, 967 Delene Rd., Jenkintown, Pa., 19046. 446th & 1219th QM Co. Avn. (July). John F. Feasel, 510 Edgehill Ave., Ashland, Ohio, 44805. 523rd Fighter Sq., 27th Fighter Gp. (July). George F. Millett, 429 Duchess Ct., Lakeland, Fla., 33803. 892nd Chemical Co. (July). John Hawkins, RR 4, Box 228A, Walkerton, Ind., 46574. 913th Signal Co. (July). William Shields, 2308 E. Monte Rosa, Phoenix, Ariz., 85016. 1973rd & 2482nd QM Trucking Co. (July). Albert Sklarz, 2743 W. Indianapolis St., Fresno, Calif., 93705. 2214th & 2215th QM Trucking Co. (July). Thompson Boyd, 4948 14th St. S., Arlington, Va., 22204. 75th Troop Carrier Sq., WWII (July). Robert Richards, 139 Kiser Dr., Tipp City, Ohio, 45371. 49th Fighter Gp., WWII (July). William Reid, 326 Sumit Pl. SW, Lenoir, N.C., 28645. 457th Bomb Gp. Assn. (July). Homer L. Briggs, 811 Northwest B St., Bentonville, Ark., 72712.

American Legion Life Insurance Month Ending Feb. 28, 1979

The following is an actual case from the files of The American Legion Life Insurance Plan:

A 48-year old Legionnaire died of a heart attack. He paid a total of \$108.00 for this insurance; his widow was awarded \$6,600. Benefits Paid January 1, 1979—

February 28, 1979 \$ 539,281.52
Benefits Paid Since April, 1958 \$28,323,616.00
Basic Units In Force (Number) 199,726.5
New Applications Approved

Since January 1, 1979 608
New Applications Declined 1,181
New Applications Suspended 1,183
(Applicants failed to return health form)

"Effective January 1, 1979 a 15 percent 'across the board' increase will be extended to December 31, 1979."

The American Legion Life Insurance is an official program of The American Legion, adopted by the National Executive Committee, 1958. It is decreasing term insurance, issued on application to paid-up members of The American Legion subject to approval based on health and employment statement. Effective Jan. 1, 1976, death benefits range from \$60,000 (6 units through age 29, 25 in Ohio) in decreasing steps of \$125 (1/2 unit at age 75 or over). Previously, maximum was 4 units. This protection is available throughout life, as long as the annual premium is paid, the insured remains a member of The American Legion, and the Plan stays in effect. Available up to six units at a flat rate of \$24 per unit a year on a calendar year basis, pro-rated during the first year at \$2 a month per unit for insurance approved after January 1. Underwritten by two commercial life insurance companies, the Occidental Life Insurance Co. of California and United States Life Insurance Co. in the City of New York, American Legion Life Insurance and Trust Fund is managed by trustees operating under the laws of Missouri. No other insurance may use the full words "American Legion." Administered by The American Legion Life Insurance Division, P.O. Box 5609, Chicago, Illinois 60680, to which write for further details.



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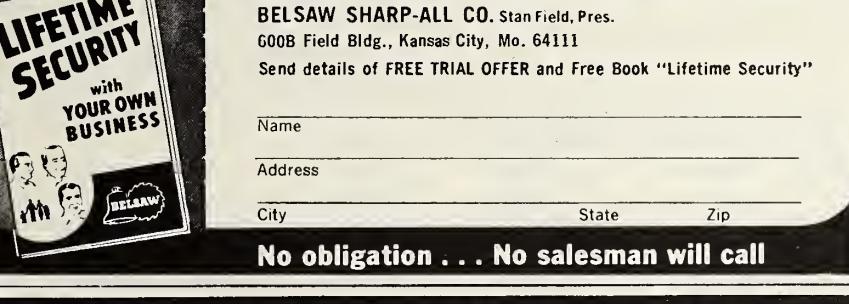
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The Beer Revolution

(Continued from page 13)

and power bills are high, remember that brewers spend \$125 million for these needs each year.

Transportation costs the industry about \$500 million each year, and brewers spend that amount on brewery equipment and improving their plants every 12 months.

Uncle Sam gets his share too. Federal excise taxes paid in 1977 came to \$1.4 billion. The states received more than \$2 billion in excise and license fees. (Overall, federal and state taxes amount to \$14 for each barrel sold.)

Now that we know something about the U.S. brewing industry, let's consider its main product—beer. More specifically, lager beer, which accounts for over 90 percent of the malt beverages consumed in this country.

Lager, as we know it today, is an inheritance. During the mid-19th century, millions of Europeans came to the United States. Their numbers included German, Bavarian and Dutch brewmasters who settled—mainly in the midwest—and began practicing their art.

Today, their descendants are carrying on the tradition of producing the light, "hoppy" brew preferred by the American beer-consuming public. (Indeed, many of the famous names in today's market of beers, brewed originally over 100 years ago, are still available.)

All of the "major" beers sold in America are lagers. Why? Simply put, Americans like them best. What is lager? It is "bottom-fermented", usually light, crisp beer. Lager is distinguished from Ale, which is "top-fermented", paler than lager, and tends toward a sharper, bitter taste. Other members of the malt beverage family are the dark Porters and Stouts, which are sweeter in their respective flavors. And Bock beer is a specially-brewed dark version of lager which is generally sold in the spring.)

Although American adults consume beer at the rate of 35.1 gallons each year, that doesn't mean they all drink the same product. Nor do they necessarily drink the national brands exclusively.

Of all the many "labels" or brands of domestic beer available to domestic quaffers, a large number are produced by smaller, local, or regional

brewers which have created unique markets for beers—either because they're limited in production or because their content differs from the major brands.

Take, for example, Ortlieb's beer. Joseph Ortlieb, whose Philadelphia family began producing the product there in 1869 says: "The brewery was going down further each year. I decided to buy out the other members of the family and see what I could do. The first thing was to get a good brewmaster and next a sales manager. After that, it was simply a matter of providing a quality product which had a following. I have increased my production to over 450,000 barrels, added another brand (McSorley's Ale) and am back in the black." Ortlieb has taken a leaf from the advertising notebook of the "biggies", and is touting his beer with a campaign telling Philadelphians to "Drink Joe's Beer."

Such determination to remain a factor in the industry is somehow typical of the smaller brewers. As industry consultant Robert S. Weinberg puts it, "There are enough profits now (in small, unique brewing operations) that a family can make a reasonable living. There's no reason the little brewers can't go on forever."

And Joe Pickett, America's oldest active brewmaster (at age 70) says flatly that his firm will survive. His production of Pickett's Premium at his Dubuque, Iowa brewery is 70,000 barrels.

The President of Stevens Point (Wisconsin) Beverage Company, Felix P. Shibilski says, "If you have good public relations and a good



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beer, you can hold out. Small brewers can suit the tastes of a very small population segment. In short, the giants can't compete; we're in a different market."

Another Wisconsin brewer, William Leinenkugel, whose beer is famous in that part of the country for its unusual, sharp flavor, says that three-quarters of the 75,000 barrels he produces annually is "sold within a hundred miles of here." Leinenkugel, a third-generation brewer, plans to introduce his own version of "light" beer soon, as part of a diversification plan aimed at retaining his competitive edge in that region.

And speaking of the "light beers" which have become so popular recently, let's first say they are not, in any sense of the word, "new."

There have been diet beers in Europe for some time. The first American brew of this type was introduced in 1967. It was produced by Rheingold, and called Gablinger's. The light brew was given plenty of promotion upon its entry, but despite the effort, it was called off the market a short while later.

Later that same year, the Meister Brau brewing company of Chicago, unveiled Lite. They marketed the label nationally and after a brief test period, it failed.

The Lite label was then bought by Miller Brewing Company. First, the brewing formula was changed over a period of time to give it more flavor. Then the packaging was created, along with a revised logo. Market testing started in the summer of 1973 in four selected cities. The results of the market tests were affirmative.

January of 1975 saw Lite marketed nationally. With plenty of advertising money behind it, and a new slogan, "Let there be Lite", the product has made contemporary marketing history.

Shortly thereafter, another marketing step was taken with the product: The reintroduction of the small, seven-ounce "pony" bottle, which had been rejected earlier by the consumer. In this case, the original consumer target turned out to be diet-conscious women beer lovers. Not only did they want a lighter beer, they didn't want as much of it in a serving, and they liked it cold. The strategy worked. Today, the smaller

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containers are increasing in popularity among male quaffers as well.

Generally, according to experts, light beers contain either less malt concentrate or an enzyme is added to reduce the beer's starch. Each method cuts calories, carbohydrates and alcohol content. Some authorities contend that these "light" brews have less flavor than their "true" counterparts.

Parallel to the beer evolution, the containers used have also changed over the years. In earlier days, the dark, amber-colored bottles were used primarily because beer is sensitive to light. While that problem was eventually overcome, the dark bottles retained their popularity. Steel cans for beer were introduced in 1935. Aluminum is a comparatively recent member of the brewing container group but is growing in popularity because it's easily recyclable. Brewers encourage such recycling, as do the aluminum companies.

Can and bottle closures (tops) have also changed over a period of time. Who can forget using the old-fashioned "church key" which would open either end? Or, do you remember the two-hole-making punch used in taverns? These have been replaced by a succession of can openers beginning with rings on tabs (which were unpopular with bartenders because they often cut wet hands).

A large step forward occurred in 1962 when Iron City Beer of Pittsburgh introduced an aluminum tab

opening which did not require an opener of any kind. These were later replaced, in part, by openers which stay with the can.

Bottles have also changed in their shape over the years. The short, squat styles are taking the place of the long neck containers which must be sent back for refilling. These are normally found in taverns and are handled by bartenders, waiters or waitresses. The newest bottle top is the twist-off which eliminates the use of openers altogether.

Imported malt beverages have also played a role in the domestic beer market. They accounted for under 2 percent of all those sold in America during 1977. So it should be obvious that such products aren't going to throw the U. S. brewing industry into a rout.

However, imports are increasing, and foreign brewers are striving for a share of the U.S. market. For example, in 1977, imported malt beverages of all sorts—from throughout the world—totaled 35.1 million cases. This compared with domestic production totaling nearly 2.4 billion cases.

What's causing the rise in imports? For one thing, the thousands of American servicemen who have been stationed overseas have been exposed to and enjoy products of other nations.

Then, too, is the fact that there are simply more Americans drinking these beverages. Most consume domestic brands, but others, perhaps

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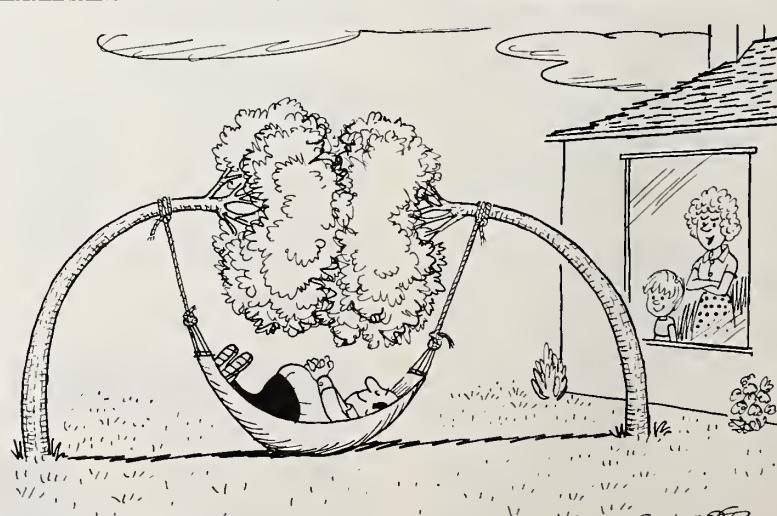
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Notes On Drinking Beer

First, most brewers suggest using the tall, funnel-shaped and thin pilsner glass. They say it betters the brew's bouquet, while easily showing clarity of product. Next, be certain the glass is clean—and has been dried by draining, to avoid lint. Reason for this, suggest the experts, is that dirty glassware ruins the head of any brew. Third, pour beer straight down the center of the glass. This helps build up a good creamy head. Last, don't drink any malt beverage too cold. Taste buds can't tell whether one is ingesting beer or malt liquor—or what—when the product is excessively chilly.

Okay. Now, what should one drink? Obviously, whatever one prefers. Why not try one or two of the nationally-distributed products first? After all, they please a lot of palates. These lagers differ greatly so it pays to experiment.

After tasting the "biggies", it might do to wend one's way further in the malt beverage field. But not too far, since the logical place to look is for other, different flavors.

In this case, try some of the domestic lagers which by their very nature are unusual. To illustrate, Pennsylvania's full-bodied beers include regional brands like Rolling Rock, and Gibbons. Philadelphia's Ortlieb's is a tart, dry beer, while the city of Brotherly Love's largest seller, Schmidt's is much lighter.

Other brews of the East Coast worth sampling include Baltimore's National Premium with its delicate taste. Then seek out Narragansett and Boh, two light, highly carbonat-

ed beers. Carling, which is tart, might prove interesting to some.

Moving westward, taste-testing Iron City or Genessee—both smooth and mellow, could be rewarding. Or one could like Stroh's sharpness and fuller body. Michigan is the home of Frankenmuth Light, a rich, creamy type. Ohio has been blessed with Hudepohl and its full-bodied tartness.

In the upper midwest area, a number of infinitely tryable lagers hold forth. Quickly enumerated, they are Old Chicago, Hamm's, Old Style, and Cold Spring; each is different—all interesting.

Minnesota-brewed Schell's is entirely unlike that state's Kegle Brau.

Wisconsin is the source for Huber, Point Special, Walter's, and Leinenkugel's—considered fine beers, one and all.

Way out west, popular lagers include Ranier, Blitz-Weinhard, and, of all things, Eastside. They're worth some effort on anyone's part.

And those are just some examples of popular American lager beers.

If further inclined, one should seek out some other types of brews such as the darker beers which tend to be sweeter and heavier than the rest of the malt beverages. Or, if interested, a taste-testing of the lighter, bitter ales might prove worthwhile. These might be "played off" against the much milder light low-calorie beers which are becoming prominent. And there are always the imported products to be sampled when opportunity knocks.

To each his own—enjoy!

more adventurous, are seeking out "different" brews.

According to statistics derived from the U.S. Department of Commerce, European nations lead in exports to the U.S., and tops among them—and in fact the largest exporter—is the Netherlands, (the home of Heiniken), which provided over 14 million cases. Next comes Germany with 4.5 million cases, and a "distant" third place goes to Eire, which last year sent 665,125 cases of malted products to American consumers.

On the North American continent, Canada, Newfoundland and Labrador are the leading importers. Mex-

ico, led by the Carta Blanca label, sent another 2.4 million cases across the border to quench American thirsts.

New markets for beer—and the rest of the malt beverage family—will be dictated by American consumers. Once such a demand is established, a brand will be discovered and provided by the brewers. This is clearly reflected by the fact that American brewers produce more than 400 brands, tailored to the wide variety of domestic tastes.

In any event, American consumers can be certain their malt beverage choices will remain tops in quality and available. ■



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The Vietnam Veteran As a Soldier

(Continued from page 9)

the article the writer tells of two Synanon members who put a rattlesnake in a lawyer's mailbox, one of the members is only described as a Vietnam veteran. This is a totally unnecessary observation by a reporter perpetuating the myth of the mal-adjusted veteran who served in Vietnam.

As I said earlier, the bad examples of soldiering in "Nam" were "hyped" by the press.

All of this, unfortunately, has smothered the greatest story of all, the reality of the Vietnam soldier. The story I have seen first-hand and am so proud of, which is the point of this article.

A man 18, 19, 20 years old who learned to cope with guerilla warfare, with all its terrorism, and jungle warfare where no quarter was given, the Vietnam soldier was sniped at, booby-trapped, ambushed, and fought full-pitched battles with the North Vietnamese Army and the Viet-Cong. This was an enemy who had fought the Japanese in the 1930s through the mid-1940s, the French from 1948 through 1954, and the Americans since 1958. In other words, this was an enemy with 30 years of warfare that the American soldiers were facing on the enemy's own ground.

And the enemy could hit you any time and any place. There was no safe ground in Vietnam for Americans, only areas with relative degrees of lesser danger.

But the American soldier persevered. He suffered terribly but performed admirably through it all. His battles were not glorified by correspondents. We have all heard the names of battles in other wars: Ar-

gonne Forest, Omaha Beach, Iwo Jima and the Choison Reservoir, but not many recognize the names of Vietnam battles: An Hoa, The Rockpile, A shan Valley, Happy Valley, Bong-Song, Parrot's Beak, Hill 888 and many others. A lot of good men died in Vietnam, but even then the response from some was that the Vietnam losses in battles weren't as numerous as the big battles of WWII or Korea. It is true the Vietnam battles had a total number of casualties much lower than battles in WWII or Korea, but that did not make the dying any less significant. In Vietnam a squad of 10 men would get wiped out on patrol. Did no one back home think it was newsworthy because the body count on Americans was so low for that day?

My good friend Bob Hutchinson won the Distinguished Service Cross for dragging wounded men back from a field interlaced with machine gun fire from a ring of fortified bunkers. He was wounded the second time he went back, but he returned a third time for more wounded. The award was presented to his parents because Bob was killed that third time.

Was his bravery any less, or the price he paid too little, because he was a Vietnam soldier?

The rest of us Vietnam soldiers don't think so. We know what Bob's worth was and we will never deny him the pride we have felt toward a Vietnam Soldier Comrade-in-Arms. ■

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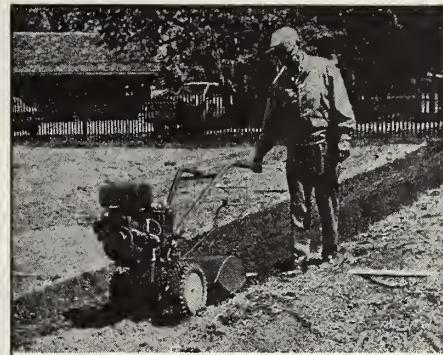
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"Daddy took me to the zoo. One animal came in and paid \$33.10 across the board!"

THE AMERICAN LEGION MAGAZINE

Double Trouble

A pretty nurse was holding both of the patient's wrists when the doctor entered the room. "You don't have to hold both wrists to check the pulse," he said.

"I'm not holding his wrists to check the pulse," she replied. "I'm holding them to check his impulse."

—G. G. CRABTREE

Priority?

Husband, writing checks for monthly bills: "Our bank balance is so low I don't know whether to pay the doctor or the utility bill."

Wife: "No big problem. Pay the utility bill. The doctor can't shut off our blood."

—GEORGE BERGMAN

Many politicians have come up by way of the grasp roots.

—RAYMOND CVIKOTA

Doggy Din

After listening to his ten-year-old sawing away on the violin accompanied by the howling of the family dog, the father called a halt.

"Will you please play something the dog doesn't know!"

—EDWARD OTTO

Fair Exchange

Have you heard about the new trade agreement we've made with the Russians? We send them 10,000 cars from Detroit and they send us 10,000 parking places from Siberia.

—CLIFF MAYER

Super De Luxe With Interest

The '79 cars are advertised
In adjectives high-flown;
But what are they but four wheels,
A chassis and a bank loan?

—CAROL MAYFIELD

A fool and his money should never go out together.

—EDWARD STEVENSON

Handwriting on the Cave

A caveman's life was fraught with fear,
His world was full of predators,
And it's much the same for modern man,
Except we call them creditors.

—ROSEMARIE WILLIAMSON

Drive safely and avoid a mourning after.

—GEORGE WINGER

Aqua Pura Plus?

Water is good for you.
About that don't be mistaken
And you'll find it more restorative
If in the right spirit taken!

—PHIL CHASE

The Government is now worried because 25 percent of the people are living beyond their means. Look who's talking!

—HENRY LEABO

Tact Act

Diplomacy is the art,
However blasé,
Of letting someone else
Have your own way.

—HENRY IRISH

Early Retirement?

There are still a few shocked housewives
Within their households lurking.
They're the gals who got married because
They were tired of working!

—RUTH M. WALSH

Economic Admonition

In this cost-of-living sky-rocketing age,
Fight inflation! Act your wage!

—HAL WILLIAMS



"You'll have to speak to the man of the house."

THE AMERICAN LEGION MAGAZINE

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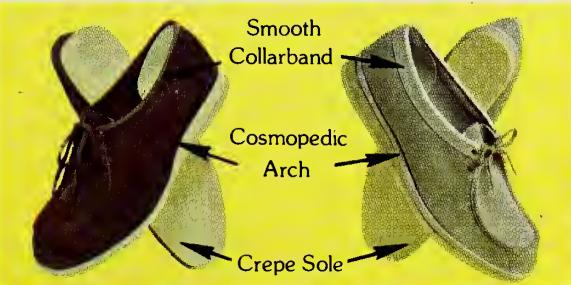
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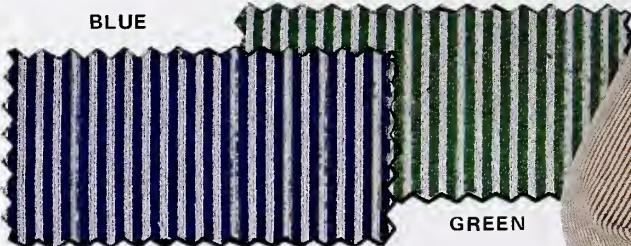
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33 and 34.

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BLUE			
GREEN			

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City

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ZIP

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